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Baby Kaylee rushed back to Sick Kids

INFECTION Barely a week after her homecoming celebration, baby Kaylee Vitelli was rushed back to the Hospital for Sick Children yesterday evening "due to an infection and serious spike" in temperature, a family spokesperson said.

The three-month-old girl made headlines as a potential heart donor who defied her doctors' and parents' expectations April 7 when she survived being taken off a respirator.

Kaylee has been home with her parents and grandparents in Bradford for only six days after her May 14 release from Sick Kids. **TORSTAR NEWS SERVICE**

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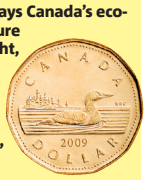

Soccer It's called friendly

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada striker Jodi-Ann Robinson, left, battles for the ball with Team USA's Lori Chalupny last night during their international friendly soccer match at BMO Field. The world No. 1-ranked Americans defeated the 11th-ranked Canadians 4-0. Story, page 16.

Bloated deficit?

Flaherty says shortfall will be bigger than projected

The deep recession is wreaking havoc on the government treasury and will cause the deficit to balloon "substantially more" than projected in the budget this year, Finance Minister Jim Flaherty now says.

The finance minister said yesterday the recession has hurt government revenues from personal and corporate taxes and raised spending requirements. That means the financial shortfall — originally forecast at $34 billion for 2009-10 — will be much higher.

"I expect we will have a larger deficit than anticipated in the federal budget." Jim Flaherty

In its January budget, Ottawa estimated it would run deficits for five years and predicted a shortfall of $64 billion over the next two years, including $30 billion in 2010-11.

"I expect we will have a larger deficit than anticipated in the federal budget … the deficit will be substantially more," Flaherty said after a meeting of federal and provincial finance ministers at Meech Lake.

The actual number will be released in a June update when the government reports to Parliament on how the fiscal stimulus is being spent.

Flaherty's announcement amounts to a catch-up for the government to projections already made public by parliamentary budget officer Kevin Page, who in March estimated the deficit would be at least $9 billion more over the first two years. **THE CANADIAN PRESS**

Ontario man dies after being infected with virus

CHRONIC Ontario health officials say the province's first fatal influenza A (H1N1), also known as swine flu, case had an unspecified chronic medical condition.

The unidentified 44-year-old man died at home in Toronto Saturday, and lab testing the next day confirmed he had been infected with the new H1N1 flu virus.

The death is the second in Canada linked to the virus; earlier this month, a woman in Alberta died after being infected.

Flu Outbreak

People with some chronic medical conditions such as heart disease and obesity appear to be at greater risk of dying from swine flu if they catch it.

A statement from the acting chief medical officer of health, Dr. David Williams, said it isn't clear what role swine flu played in the man's death, which is being investigated by the provincial coroner.

Williams said there have been 58 new confirmed cases of H1N1 in Ontario since last Friday, bringing the total number in the province to 352. **THE CANADIAN PRESS**

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Top brass change at national newspaper

Edward Greenspon, right, is stepping down as editor-in-chief of the Globe and Mail and will be replaced by John Stackhouse. The 46-year-old Stackhouse was previously editor of Report on Business. Greenspon had been editor-in-chief since 2002. METRO NEWS SERVICES

Local

Station maintains councillor not defamed

Toronto radio station CFNY The Edge is denying its morning show hosts defamed Vaughan Mayor Linda Jackson, left, by unleashing a string of insults, including calling her a "pig." In a statement of defence filed this month, Corus Entertainment Inc., owner of the station, said a series of wise-cracks made about Jackson on the Dean Blundell show were fair comment and are not defamatory either in meaning or under the law. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Comment

Paul Sullivan gives readers The West View on issues

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WHAT'S ONLINE TODAY

Video The family of a Montreal teen shot dead by police refuse to participate in an inquiry into his death at **metronews.ca/canada**

Blog Josey Vogels invites you to anonymously submit your darkest secrets to Sexcetera, and Hollywood Rants about how the box office triumph of Night at the Museum is bad news for us all

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Fix up funds for universities

The federal and Ontario governments will spend nearly $1.5 billion over the next two years on infrastructure projects at Ontario's universities and colleges.

Industry Minister Tony Clement said yesterday the $1.476 billion will give short-term economic stimulus to communities in the province and help strengthen research and innovation.

"The renewal of college and university facilities will encourage more world-class researchers to work in Canada and give them the tools they need to make further discoveries that will benefit Canadians and people around the world," Clement said in a statement.

Tony Clement

The spending will include $587 million in federal funding, $641.2 million in provincial funding and $248.1 million from other sources, including the private sector and the universities and colleges themselves.

The monies will come from the federal Knowledge Infrastructure Program announced in the 2009 budget, a two-year, $2-billion economic stimulus measure to support infrastructure enhancement at Canadian post-secondary schools. They will be used to support deferred maintenance, repair and expansion projects at the colleges and universities.

A total of 28 projects at post-secondary institutions throughout the province will be beneficiaries of the first round of funding with another round of qualifying projects to be announced Friday. THE CANADIAN PRESS

Cash infusions by institution

- $137 million for the University of Guelph and Conestoga College.
- $31.23 million for Sheridan Institute of Technology and Advanced Learning.
- $50 million to the Centre for International Governance Innovation, a centre established by Research in Motion co-CEO Jim Balsillie.
- $70 million for the University of Toronto's campus in the eastern suburb of Scarborough.
- $80 million for the University of Ottawa.

THE CANADIAN PRESS

Bike lanes for Jarvis?

INFRASTRUCTURE City council has approved a plan to remove the "reversible" centre commuter traffic lane from Jarvis Street and improve the road including new bike lanes.

The $6.3 million plan was approved 28-16 after a day-long debate, pitting councillors who are enthusiastic cyclists against councillors worried about traffic congestion.

The Jarvis plan, which also calls for widening the east sidewalk, planting more trees and adding heritage plaques, is part of an environmental assessment report that now goes to the province for approval.

Coun. Kyle Rae, who pushed for the changes, said the road should be shared among drivers, cyclists and pedestrians.

Councillors who fought the removal of the centre lane warned yesterday's vote would become a ballot-box issue. TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

A west bound GO train makes a stop in Oakville dropping off and picking up passengers.

GO could go electric

RAIL GO Transit will begin a study this summer on electrifying its entire train system.

Metrolinx plans to announce today the study, to be complete by winter 2010, will be overseen by an external advisory committee including community representatives, technical and environmental experts. It's likely a member of the Clean Train Coalition would be invited to join the committee, a source told the Star.

That group, composed of residents, community associations and businesses living along the Georgetown line — in the path of a huge expansion of GO service — has been pushing the province to go to cleaner electric trains rather than diesel. TORSTAR NEWS SERVICE

News in brief

HIT-AND-RUN A 7-year-old boy was sent to hospital with a broken leg and head injuries after he was struck in a hit and run in Brampton. The boy was cycling on Paddington Road in a subdivision near Goreway Drive and Castlemore Road around 6:20 p.m. yesterday when he was hit, police said. He is expected to recover. The car that fled the scene was a black Acura.

LEGAL A Superior Court of Justice judge has given developer Lucia Milani the go-ahead to pursue a $150 million lawsuit against the City of Vaughan in a case involving development on the Oak Ridges Moraine. She alleges in 2003, city officials wrongfully and maliciously closed a zoning change application for property she owns on the now legally protected moraine. Milani's lawyer said the judge threw out the city's argument the allegations were without merit. The city, in a statement, said it plans to "vigorously" defend itself against the allegations. METRO NEWS SERVICES

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Damage estimate at $1M in two-alarm blaze

Police say the destruction to a Mississauga furniture store totalled about $1 million. Investigators are determining if it was an arson. TORSTAR NEWS SERVICE

Bikes ride the Rocket

Cheap and clean, cycling and transit should be a match made in heaven, although traditionally, transit authorities in the Toronto region haven't rolled out the welcome mat for bikes.

But that's changing.

A long-awaited bike station opens on the southwest side of Union Station at the York Teamway today with secure parking for 180 bikes. Casual users will be able to access the facility for about $2 a day and there will be monthly and six-month rates.

"People understand (bikes and transit) go together. It's looking at more ways of moving people outside the private automobile," said TTC chair Adam Giambrone. "We are trying to integrate walking, cycling and transit to give people alternatives."

In addition to equipping all buses with bike racks by next year, the TTC is integrating secure bike stations into its stops wherever possible and adding lockers and posts at other spots.

Victoria Park will have secure storage for about 70 bikes by the end of 2010. Pape also is being considered, said Giambrone. As well, new stations on the extended Spadina line will have bike amenities.

Starting at Dufferin this year, bike channels will be added to station staircases as the TTC modernizes its facilities so cyclists don't have to bump their tires all the way up and down.

TORSTAR NEWS SERVICE

"People understand (bikes and transit) go together. It's looking at more ways of moving people."
TTC chair Adam Giambrone

Bike month **Cycle your way across town**

ANDREW WILLIAMSON/FOR METRO TORONTO

Cyclists from around the city ride together yesterday as part of a group bicycle commute to kick off bike month in Toronto. Hundreds of cyclists, headed by Mayor David Miller (not shown), rode down Yonge Street to city hall to promote the city's commitment to cycling.

Province might act for seniors' pensions if feds don't: McGuinty

RETIREMENT Canada must hold a federal-provincial summit to talk about ways of guaranteeing adequate retirement income for seniors without pension plans, Ontario Premier Dalton McGuinty said yesterday.

McGuinty dismissed an NDP call to create a provincial pension plan to help the two-thirds of workers who don't have a pension, but he told the legislature it's something Ontario would consider if the federal government refuses to act. "Failing action on the part of the federal government, it's something we're prepared to consider undertaking on our own," McGuinty said.

THE CANADIAN PRESS

News in brief

MISSING The parents of a missing York University student and Canadian reservist soldier are offering a $5,000 reward for information that helps locate him. Shane Fair, 19, was last seen at a dinner at the Atlantis Pavilion at Ontario Place last Saturday. THE CANADIAN PRESS

Shane Fair

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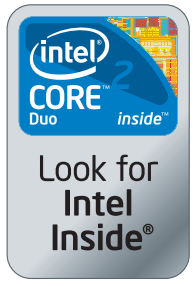

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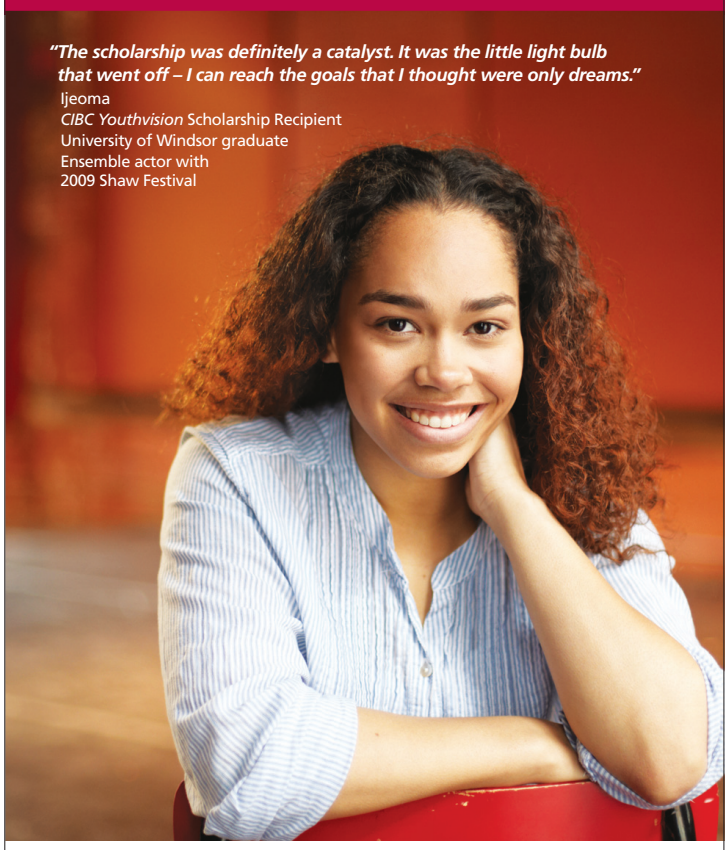

Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the *CIBC Youthvision*™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

Realizing that confidence, pride and opportunity can overcome even the most formidable barrier, this unique program includes a post-secondary scholarship valued at up to $36,000, as well as summer internships starting in grade 10 until the completion of university or college.

CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested $10 million in the dreams of 330 *CIBC Youthvision* Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the *CIBC Youthvision* Scholarship Program, over the past five years, CIBC has invested more than $15 million to further strengthen post-secondary education in Canada.

For more information, visit www.cibc.com/youthvision

Congratulations to the recipients of the 2009 *CIBC Youthvision* Scholarship.

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Police ID burn victim
Police have identified Robert George Brown, 44, as the man who died after being set on fire in his backyard last Wednesday. TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

General Motors employee Tim Munro, centre, hands out information for employees to read before yesterday morning's ratification vote in Oshawa. Canadian Auto Workers members voted in favour of a cost-cutting deal with General Motors.

CAW OKs GM deal

Contract should provide security: Official

Canadian Auto Workers members have voted in favour of a cost-cutting deal with General Motors, a key hurdle for the automaker that was a condition of billions in government loans.

The union said last night that its members voted 86 per cent in favour of the deal over two days of voting at its four locations in Ontario.

CAW national president Ken Lewenza said this new deal should provide a much-needed sense of security to the workers and retirees.

"Although we were forced to make a number of important sacrifices, the support we received from our members is proof that they recognize the incredible challenges the industry is facing, but more importantly that they are prepared to stand by each other and stand with their union," Lewenza said in a statement.

GM is working toward having a restructuring plan by June 1.

Meanwhile, federal Industry Minister Tony Clement said yesterday that any money lent from the federal government to the struggling company will not go towards topping up GM Canada's pension shortfall, which is approximately $7 billion.

THE CANADIAN PRESS

Pension benefits frozen

- The agreement freezes workers' pension benefits until 2015 and slashes labour costs by $15 to $16 an hour through cuts to benefits. The union has also agreed to negotiate a healthcare trust, which it will administer to cover retirees' benefits.

Union argues more inspectors may have prevented outbreak

FOOD The head of the federal food inspectors' union says hiring more staff might have prevented last year's deadly listeriosis outbreak.

Bob Kingston, president of the agriculture section of the Public Service Alliance of Canada, said inspectors are stretched too thin to do their jobs properly. He appeared yesterday at a parliamentary sub-committee on food safety.

Kingston said inspectors don't have time to go out onto the floor of meat processing plants to check for organic debris on machinery. He said inspectors should be responsible for no more than two plants that make ready-to-eat meats.

And Kingston says more inspectors in a plant makes workers more conscientious. THE CANADIAN PRESS

News in brief

WASTE A Liberal cabinet minister's opposition to storing nuclear waste in his Sudbury riding shows the government's nuclear strategy is flawed and raises questions about plans to bring new energy projects online despite community outrage, critics charged yesterday. The NDP said Correctional Services Minister Rick Bartolucci was condemning Ontario's nuclear policy when he urged Sudbury city council last week to veto the storage of radioactive waste. THE CANADIAN PRESS

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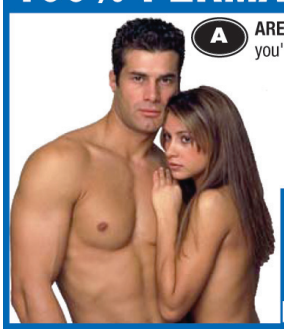

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Balsillie to have school named after him

Jim Balsillie has pledged $50 million to help fund an educational institute in his name. Balsillie's donation matches government money — Ottawa and Ontario are each kicking in $25 million — toward the creation of the Balsillie Centre of Excellence in Waterloo. THE CANADIAN PRESS

Canada

Olympic organizers sue over tickets

Organizers of the Vancouver 2010 Winter Olympics are suing a Winnipeg-based travel company in an effort to stop black-market ticket sales for the Games. Games organizers say Roadtrips is offering tours including tickets to the Games that they don't have a legal right to sell. The organizers filed a lawsuit in B.C. Supreme Court earlier this month, saying Roadtrips is deceiving customers because the tickets could be seized and invalidated at any time. THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

Ricardo Lamour holds up a sign that asks "Did you sign the petition?" at a courthouse in Montreal yesterday.

Shooting victim's inquiry on hold

POLICE The judge heading the coroner's inquiry into the police shooting of a Montreal teen put proceedings on hold yesterday because it was unclear whether the victim's family still wanted intervener status.

The inquiry into Fredy Villanueva's death was to begin yesterday morning but nine of the 15 interested parties failed to show up, including the Villanueva family.

Villanueva, 18, was killed last August after a night of riots while Montreal officers were trying to arrest his older brother Dany.

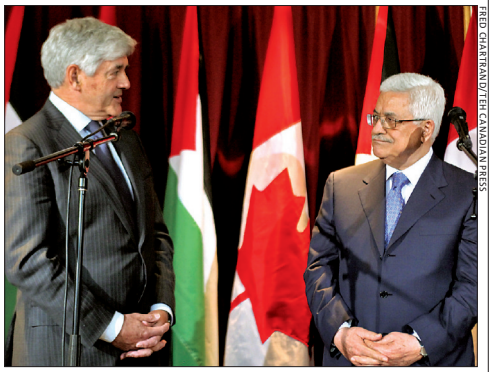
THE CANADIAN PRESS

Cannon quiet on roadmap to peace

POLITICS With Palestinian Authority President Mahmoud Abbas at his side yesterday, Canadian Foreign Affairs Minister Lawrence Cannon carefully dodged questions on the expansion of Jewish settlements in Palestinian territory.

Abbas told reporters during his Ottawa visit that the international community has been clear in advocating a complete freeze on Jewish settlements in the West Bank and elsewhere.

"Regarding the settlements, there are several United Nations resolutions that prohibit the settlements and it's clear and precise in the roadmap — that the entire world supported — that Israel must stop all forms of settlement including natural growth," Abbas said.



FRED CHARTRAND/THE CANADIAN PRESS

Palestinian President Mahmoud Abbas, right, and Canadian Foreign Affairs Minister Lawrence Cannon hold a joint a news conference in Ottawa yesterday.

Cannon would only say that Canada has supported the "roadmap" for peace, and hoped the two parties could sit down to discuss pushing ahead with a peace deal. The roadmap, first drafted in 2002, specifies that all Jewish settlements be curtailed.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 10

Grits sounding election alarms

Tories announce EI funding

Liberal Leader Michael Ignatieff is rattling the election sabre, saying he can "foresee" forcing a confidence vote over EI benefits even as he insists he wants to make Parliament work.

He weighed his words yesterday when asked if he would risk a snap election by forcing the vote as early as mid-June.

"I can foresee it, and I can foresee it in the near future. But I repeat the word: foresee. Let me say it again so it's perfectly clear. I am trying to make Parliament work for Canadians."

Prime Minister Stephen Harper has categorically dismissed Liberal calls for a single, nationwide EI eligibility threshold of 360 hours worked.

Human Resources Minister Diane Finley echoed that statement, saying helping laid-off workers upgrade their skills as the world waits for the economy to rebound makes more sense, and adding that an election right now would be a bad idea. Finley provided more details of the $500 million in funding — announced in the spring budget — to help as many as 50,000 older workers get skills training and EI benefits when they lose long-held jobs.

THE CANADIAN PRESS

O'Brien denies bribes, calls meeting a 'swinging d–k contest'

COURT Mayor Larry O'Brien told police that he never offered a rival candidate a job to quit the 2006 municipal election, but did express interest in acquiring his website.

O'Brien's videotaped police interview was entered into evidence yesterday at his trial on two counts of influence peddling.

The charges follow an allegation by Terry Kilrea that he was offered expense money of up to $30,000 and a five-year appointment to the National Parole Board if he would leave the field to O'Brien.

During a police interview in April 2007, O'Brien said he met Kilrea initially for about an hour in July 2006.

The two right-of-centre candidates engaged in what O'Brien called a "swinging d–k contest" for most of the meeting.

The men were facing off over who would bow out of the race to keep from splitting the conservative vote.

"I was swinging the d–k back" at Kilrea, O'Brien told police.

"I never offered him a job. Period," O'Brien told police. THE CANADIAN PRESS

Custody fight kicks off in racial case

COURTS A Manitoba social worker says a girl who was taken from her family believed that black people should die and had been exposed to videos showing racial violence.

The social worker, who cannot be identified under provincial law, was the first witness at a custody battle over two children who were removed from their parental home last year.

The girl's stepfather is fighting to regain custody, saying he has a constitutional right to raise his children according to his beliefs. The court hearing is scheduled to run all week and for another week at the end of June. THE CANADIAN PRESS

News in brief

SCHOOLS A new report suggests the Harper government is shortchanging native schools while cutting the number of new ones that get built. The report says Indian Affairs is underfunding schools by at least $169 million a year, and less than half are listed in good condition.

FARMING Statistics Canada says realized net farm income in 2008 increased for the second consecutive year to $3.3 billion — up $1.3 billion, or more than 63 per cent from 2007. THE CANADIAN PRESS

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Missing autistic boy found
A four-year-old autistic boy who wandered from his home in London, Ont., Sunday night has been located. Police say Daniel Connor was found on private property not far from his home at about 7:35 a.m. by the property owner. THE CANADIAN PRESS

Divers search lakes for girl's body

Ontario provincial police shifted the focus of their search for the remains of eight-year-old Tori Stafford to a pair of lakes in southern Ontario.

Police diving teams were brought in yesterday to the Guelph area east of Stafford's hometown of Woodstock to scour Belwood and Guelph lakes.

Stafford

A suspect in the girl's abduction and murder had been helping police search fields and wooded areas in the Guelph region for several days.

However, a judicial order allowing Terri-Lynne McClintic, 18, to leave jail to accompany police expired Sunday at 10 p.m.

McClintic's lawyer, Jeanine LeRoy, said in an email to The Canadian Press that she did not expect McClintic to have any "direct participation in the search" yesterday.

McClintic and Michael Rafferty, 28, who is charged with first-degree murder and abduction, are scheduled to appear in court Thursday. THE CANADIAN PRESS

News in brief

TASER INQUIRY The final week of testimony at a public inquiry into the death of Robert Dziekanski began by hearing the testimony of a forensic video analyst who says Dziekanski acted aggressively in his fatal confrontation with police.

THE CANADIAN PRESS

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Canadian ship intercepts possible pirates

A NATO warship from Canada intercepted two boats carrying suspected pirates in the Gulf of Aden, seizing a large amount of firearms, rocket-propelled grenades and hook ladders. The frigate HMCS Winnipeg chased the boats and eventually boarded them. THE ASSOCIATED PRESS

World

Italian PM denies lying about teen

Italian Prime Minister Silvio Berlusconi has promised to further explain his relationship with an 18-year-old woman at the heart of a political and personal scandal. In an interview with CNN, Berlusconi denied he lied about his relationship with Noemi Letizia. Berlusconi's wife, Veronica Lario, cited his presence at Letizia's birthday party in announcing that she would divorce the 72-year-old. THE ASSOCIATED PRESS

Business backs carbon market

COPENHAGEN Business leaders vowed yesterday to help world governments set a price on carbon, establishing a market that governments can use to cut greenhouse gases.

"I think we can craft some pretty clear direction," said Tony Hayward, the chief executive officer of BP PLC.

That approach requires governments to join a new United Nations-administered treaty for regulating greenhouse gases that proponents hope to hammer out by December.

It would set limits on carbon dioxide and then issue permits to companies that divvy up how much of the overall pollution each of them can emit. Any unused portions can be traded to other companies.

THE ASSOCIATED PRESS

N. Korea tests bomb

North Korea defied world powers and carried out an underground test yesterday of a nuclear bomb Russian officials said was comparable to those that obliterated Hiroshima and Nagasaki.

The incident drew condemnation from Washington to Beijing and set the Communist regime up for a showdown with the United Nations.

The UN Security Council was meeting later yesterday in New York to discuss what U.S. President Barack Obama called Pyongyang's "blatant defiance" of resolutions banning the regime from developing weapons of mass destruction.

In Ottawa, Prime Minister Stephen Harper issued a statement condemning the test as reckless and provocative.

"North Korea's aggressive weapons programs represent a grave threat to international security, and are specifically troubling for stability in Northeast Asia," he said.

Even traditional Pyongyang ally China said it was "resolutely opposed" to the test, which Russian officials estimated yielded a powerful 10- to 20-kilotonne blast — enough to flatten a city and far more than North Korea managed in a 2006 atomic test.

THE ASSOCIATED PRESS

"North Korea's aggressive weapons programs represent a grave threat to international security."
Stephen Harper

News in brief

RED BULL Six German states have told retailers to stop selling Red Bull Cola energy drinks after a test found a trace amount of cocaine. Red Bull said its cola is "harmless and marketable in both the U.S. and Europe."

THE ASSOCIATED PRESS

Israeli party proposes loyalty oath for citizens

BILL An ultranationalist party headed by the Israeli foreign minister said yesterday it has prepared legislation linking citizenship to an oath of allegiance, in what amounted to a threat to the country's Arabs to swear loyalty to the Jewish state or risk severe punishment.

Avigdor Lieberman

The bill follows a separate proposal Sunday by the same party that would make it illegal for Arabs to mourn the "catastrophe" — the term Palestinians use to describe their defeat and exile in the war that surrounded Israel's founding.

Both proposals by Foreign Minister Avigdor Lieberman's Yisrael Beitenu party focus on the perceived disloyalty of the country's Arab citizens, roughly one-fifth of Israel's population of seven million.

The loyalty oath was one of the central planks in Lieberman's campaign for parliamentary elections in February. His prominent role in Israel's new government has given it a clear hardline tilt and fuelled international concerns about Israel's willingness to pursue peace with the Palestinians.

The legislation, which must still pass several hurdles to win final approval, drew harsh criticism from opposition legislators and civil rights groups.

THE ASSOCIATED PRESS

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Take a break from politicians

NationalReport

It appears (yawn) that we're going to have to put up with election speculation (yawn) every day between now and when the members of Parliament take their three-month summer break. This break (yawn) follows their pre-Easter break, their Easter break and their post-Easter break, which was last week.

Before that (how do our lawmakers endure the strain?) there was their mid-winter break, and before that the Christmas break, and before that the pre-Christmas break when Stephen Harper shut the doors of Parliament to save his government.

When they're not breaking, the MPs are posturing (yawn) as they are now with election bluster. It is clear there won't be an election called before the summer break. For one thing, we just had an election last fall. For another, the issue of changes to employment insurance isn't important enough to trigger a new one. For another, Liberals are unlikely to get the support of the opposition parties to defeat the government on a non-confidence motion.

And so everybody should relax and tune out politics until the MPs return to work in late September before their weeklong Thanksgiving break in mid-October.

By that time, the Conservatives hope the recession will be easing off and their attack ads will have succeeded in making voters believe Michael Ignatieff is an arrogant elitist whose only interest in this country has been for vacation stopovers.

They should bear in mind, however, that the last so-called arrogant elitist who sat in the king's chair was Pierre Trudeau. A new poll rating modern prime ministers shows Trudeau on top by a huge margin. He scored 39 per cent, with everyone else in the footnote category at 11 per cent or worse. Stephen Harper was at 11 per cent, but the bad news for him was he topped the list for worst PM, scoring 22 per cent.

Trudeau also had the reputation of someone who cared more what was happening in the salons of Paris than the bowling alleys of Moose Jaw. That didn't hurt him either. He also had the reputation of being an intellectual, something else the anti-Iggy ads scorn. That didn't hurt him either.

Come to think of it, maybe the Grits ought to be saluting the ads painting their new guy as an outsider. The thing about Trudeau was he wasn't pedestrian, like (yawn) some latter-day prime ministers we know. That's why he was and is still admired. His outsider aura gave him a compelling mystique. He rose above — as national leaders should — our collective mundanity.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Kuwaiti women inspire historic change

Mona Eltahawy
Global View

I love it when women put the fear of God into countries. That's how I like to explain Saudi Arabia's decision to delay municipal elections for two years.

It's all the fault of four Kuwaiti women who made history on May 17 by winning seats in their country's parliamentary elections. Their victory was made all the more delicious because fundamentalists long opposed to women's political rights lost several seats.

A day later, the Saudis postponed their elections, slated for October. They know the ideas that Saudi women can pick up from their Kuwaiti sisters.

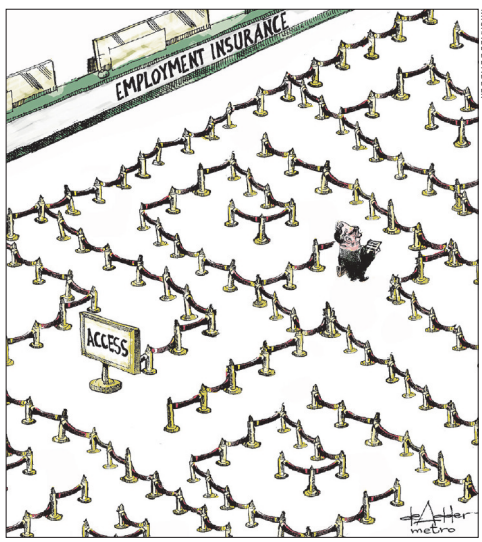
In the aftermath of Iraq's 1990 invasion of Kuwait, many Kuwaiti men and women fled the violence by driving to neighbouring Saudi Arabia. Inspired, 47 Saudi women violated the kingdom's ban on driving by taking to the wheel in a convoy through the capital Riyadh.

And to this day, the country whose oil reserves fuel most of the world's cars continues to deny women the right to drive a car, vote and run for office. Men were enfranchised only in 2005 when the kingdom briefly flirted with democracy by allowing its first local elections. Fundamentalist clerics ensured they remained off limits to women.

Just as they had in Kuwait, where for years they blocked legislation for women's suffrage. Women finally won their political rights in 2005, but failed in two subsequent elections to win seats in the 50-member parliament. But now, with neither quotas nor the backing of political parties, the four successful women candidates have proven that once conservative voting habits can change.

When conservative Saudi clerics claim to be upholding "Islam," point to neighbour Kuwait and ask, "Whose Islam?" Saudi Arabia can run but it can't hide from the change that surrounds it.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADDER

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SportsClick acquires Aqua Caddy
Halifax-based SportsClick Inc. says it has acquired KelBel Inc., owners of the patents and trademarks for the Aqua Caddy golf product, for $165,000 in shares. THE CANADIAN PRESS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Decade of growth

Economy will break free from U.S.: Report

SunnySide

Canadians can look forward to a sustained period of strong growth in the next decade, but one that will be different from the rise that came a cropper in the last, says a new report.

Canadian Imperial Bank of Commerce economists say the next decade will bring major fundamental changes to the world economy, and a bit of déjà vu for Canada, with the return of Western power, a high-flying loonie and surging stock values.

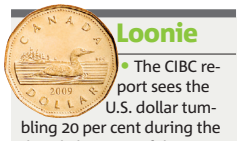
The major change is that Canada's economy will be less dependent on consumers or the United States, says the report written by economists Avery Shenfeld and Benjamin Tal.

Overall, it's a rosy picture of a decade that begins slowly next year but picks up steam on global growth and surging consumer demand in newly-rich emerging economies like China and India, as well as oil-rich countries from the OPEC nations and Russia.

Canada's economy will get a boost from exports, particularly commodities, whose prices will get back some of their lustre as demand in emerging markets grows.

One sector that won't bounce back as strongly is housing. The report sees housing starts averaging a tame 170,000 in the next decade, after being above 200,000 for most of the current decade.

THE CANADIAN PRESS



Loonie

- The CIBC report sees the U.S. dollar tumbling 20 per cent during the decade because of the diminished importance of the United States.
- That will push the loonie above the U.S. dollar again.

PAUL CHIASSON/THE CANADIAN PRESS

Air Canada is looking to cut $250 million in costs, but president and CEO Calin Rovinescu says he doesn't foresee the need for massive layoffs or bankruptcy protection filing to help it survive.

Credit card processors help Air Canada preserve liquidity

DEAL Air Canada says it is making progress in shoring up its efforts to avoid having to seek court protection from creditors, a key piece of that coming in an agreement with one of its major credit card processors to preserve liquidity.

The deal will drop the level of unrestricted cash the airline is expected to have on hand by $100 million to $800 million.

Achieving a deal with the credit card processor was one of several efforts upon which the airline has been focused to help it preserve liquidity.

Chief among them is obtaining a funding moratorium on pension payments. The airline is seeking a 21-month moratorium on $650 million of pension payments required to address its $2.9-billion underfunded pension.

THE CANADIAN PRESS

Business in brief

WHISTLEBLOWER Canada's investment industry regulator has set up a "whistleblower" service to help it fight financial wrongdoing. The Investment Industry Regulatory Organization of Canada says the service will handle tips from the public on a range of concerns.

THE CANADIAN PRESS

Imperial Oil set to begin Kearl project

OILSANDS Imperial Oil Ltd. is going ahead with the delayed Kearl oilsands project in Alberta at an anticipated cost of $8 billion, the Calgary-based company announced yesterday.

The company had been set to make a decision on Kearl last year but took extra time to renegotiate contracts in an effort to rein in costs.

The project, northeast of Fort McMurray, Alta., has been years in the making, with a court challenge by environmental groups in 2007 creating one delay.

Imperial Oil expects Kearl's first phase will begin production in late 2012. THE CANADIAN PRESS

Investors wait for bank earnings

MARKETS The Toronto stock market closed higher yesterday, with financials providing major support a day before Bank of Montreal kicks off a slew of quarterly earnings reports from most of the big banks this week.

The S&P/TSX composite index closed up 76.08 points to 10,069.5. U.S. markets were closed for the Memorial Day holiday.

The loonie was little changed, closing down a quarter of a cent to 89.01 cents U.S. THE CANADIAN PRESS

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Stone Road Mall
HAMILTON
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Centre Mall
Eastgate Square
Lime Ridge Mall
Lloyd D. Jackson Square
HANOVER
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Huntsville Place Mall
KANATA
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KESWICK
Glenwoods Centre
KINGSTON
Cataraqui Town Centre
Kingston Centre
Taylor Kidd Marketplace
KITCHENER
3012 King St. East
Fairview Park Mall
Highland Hills Mall
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LEAMINGTON
County Fair Mall
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ORILLIA
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Pickering Town Centre
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Richmond Heights Plaza
Time Square Shopping Centre
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Lambton Mall
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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Credit cards from retail stores: Know the score

AlisonOnMoney

Alison's Money Rule:

- Retail cards can offer a quick financial bonus but take care you don't ding your credit score when you apply.

Pressure and temptation. It's Saturday afternoon. The lineup at the department store checkout is long enough to make you think you're waiting for tickets to a hot rock concert.

Clutching your sale scores — a coffee maker, a set of towels and a pasta machine (you'll save pennies making penne yourself, right?) — you're easy pickings for the clerk.

He chirps, "Will that be on your (insert store name) card?" When you say no, he looks at you sadly. "Do you have a (insert store name) card?" At your head shake, the clerk's sad look becomes mournful.

Now comes the tempting pitch and the pressure to decide as a lengthening lineup snakes down the aisle behind you. You could save 10 per cent on your purchases, on top of the 30 per cent sale price. It just takes a minute and can be done right here at the check-out counter.

The implication is that you'd be a fool not to take advantage of this "one-time offer." It's not like you ever have to use the card again.

Hold on a minute. These point-of-sale credit card pitches are incredibly tempting since they offer a quick financial bonus. But take care that you don't ding your credit score for the sake of saving $50.

Every time you acquire a new credit card you increase the total credit available to you which means you pose a higher risk to lenders.

Most people who apply for a retail card while making a purchase don't even know what the credit limit will be. You could be signing up for $10,000 in new credit which might have a negative impact on your score.

A lowered credit score means that the next time you need to re-mortgage, buy a car or take out a line of credit, you might have a difficult time getting approved.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small discusses top five mistakes investors make regarding investment strategy. Visit metronews.ca/investing

Grants for apprenticeships

MoneyMatters

Q I worked for a large auto parts company until three months ago. I see this as an opportunity to pursue my passion in cooking. Will I qualify for the apprenticeship program and is it taxable?

— Geoffery

A There are many government programs available to help workers get into careers of their choice. The Apprenticeship Incentive Grant (AIG) is one such program.

In these trying times, it all helps. The AIG provides $1,000 per year to a maximum of $2,000 to eligible individuals that have completed their first or second year in an approved program. The grant can be used to pay for tuition, materials, etc. Money received is taxable and reported on filing tax return.

Eligibility for AIG:

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Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

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TFC midfielder named player of the week

Midfielder Amado Guevara has won MLS Player of the Week honours, the first time the award has gone to a Toronto FC player in the club's three-year history. The Honduran captain scored two goals in a 3-1 victory over the visiting New England Revolution Saturday. THE CANADIAN PRESS

Sports

Canseco's MMA debut

Jose Canseco, left, is set to make his mixed martial arts debut tonight in Japan, and he's afraid. "I'm scared. This guy is huge," Canseco, who hit 462 home runs over 17 seasons in the major leagues, told a news conference yesterday. He's scheduled to fight 7-foot-2, 330-pound super heavyweight Hong Man Choi of South Korea. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Jays' slump continues

MLB RESULTS

Toronto 1 Baltimore 4

VS Orioles

BASEBALL Jeremy Guthrie allowed one run over seven innings while Aubrey Huff drove in two runs as the Baltimore Orioles beat Toronto 4-1 yesterday, extending the Blue Jays' losing streak to seven games.

Brian Roberts had two hits and scored twice for the Orioles, who were 3-14 against Toronto since June 7, 2008.

Vernon Wells had the lone RBI for the Blue Jays, who lost three in Boston and three more in Atlanta before coming to Camden Yards. The seven-game skid is Toronto's longest since last June.

Guthrie (4-4) gave up seven hits, walked one and struck out four. The right-hander failed to retire the side in order, but permitted only three runners to reach second base after giving up a first-inning run. THE ASSOCIATED PRESS

NBA Melo challenges Gasol

DOUG PENSINGER/GETTY IMAGES

Denver's Carmelo Anthony goes up for a shot over Pau Gasol of the L.A. Lakers last night during Game 4 of the NBA's Western Conference final. For a complete game recap, visit metronews.ca/sports.

Canadian women fall to U.S.

Shannon Boxx, Megan Rapinoe, Lindsay Tarpley, and Lauren Cheney scored to lead the U.S. women's soccer team to a 4-0 victory over Canada in a friendly yesterday, spoiling the home debut of new Canadian head coach Carolina Morace.

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada defender Brittany Timko, left, battles for the ball with Team USA's Lori Chalupny during the first half of Canada's 4-0 loss yesterday at BMO Field.

The world No. 1-ranked Americans, who signed on to play this game earlier this month after Japan pulled out, and were making their first foray north of the border in eight years, caught the 11th-ranked Canadians on their heels with an early goal. The night was virtually all U.S. the rest of the way at BMO Field.

Boxx scored in the second minute, running onto a pass, taking two steps and firing a shot from just outside the 18-yard box past goalkeeper Karina LeBlanc and into the left corner.

Rapinoe gave the Americans a two-goal lead in injury time before the break, hitting a shot from just inside the 18-yard box that tucked into the lower right corner of the net.

Tarpley's goal came in the 77th minute from a scramble in front of the net off a corner kick, and the U.S. would score three minutes later, Cheney connecting on a cross from Heather O'Reilly and heading it backwards into the net.

The result spoiled Canadian star striker Christine Sinclair's bid for her 100th career goal. American veteran Abby Wambach was also gunning for goal No. 100.

Morace was hired to lead the Canadian team in February, succeeding longtime coach Even Pellerud. The former Italian team star had recorded two wins, a loss and a tie at the helm of the Canadian squad before yesterday, but a victory against the U.S. would have been a lofty achievement for a team whose overall record against the U.S. dropped to 3-38-4. THE CANADIAN PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

Baltimore 4 **TORONTO** 1
Boston 6 Minnesota 5
Detroit 13 Kansas City 1
N.Y. Yankees 11 Texas 1
Oakland 6 Seattle 1
Tampa Bay at Cleveland
Chicago White Sox at L.A. Angels

TODAY

TORONTO at Baltimore
Tampa Bay at Cleveland
N.Y. Yankees at Texas
Detroit at Kansas City
Boston at Minnesota
Chicago White Sox at L.A. Angels
Seattle at Oakland

NATIONAL LEAGUE

YESTERDAY

Cincinnati 8 Houston 5
L.A. Dodgers 16 Colorado 6
Milwaukee 1 St. Louis 0 (10 ings)
San Diego 9 Arizona 7 (10 ings)
San Francisco 8 Atlanta 2
Washington at N.Y. Mets
Pittsburgh at Chicago Cubs

TODAY

Florida at Philadelphia
Houston at Cincinnati
Washington at N.Y. Mets
Pittsburgh at Chicago Cubs
St. Louis at Milwaukee
L.A. Dodgers at Colorado
San Diego at Arizona
Atlanta at San Francisco

NHL

TODAY

Pittsburgh at Carolina

TOMORROW

Chicago at Detroit

NBA

YESTERDAY

L.A. Lakers at Denver

TODAY

Cleveland at Orlando

TOMORROW

Denver at L.A. Lakers

THURSDAY

Orlando at Cleveland

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Rays' second baseman out for season

Tampa Bay Rays second baseman Akinori Iwamura will miss the rest of the season with a torn ligament in his left knee. Iwamura was injured trying to turn a double play in the eighth inning Sunday against the Florida Marlins and was carted off the field. THE ASSOCIATED PRESS

Tavares vs. Hedman

NHL draft combine may determine who's picked first

MATTHEW WUEST
matthew.wuest@metronews.ca

John Tavares and Victor Hedman will "run the gauntlet" this week in the race to be drafted No. 1 overall.

The consensus top two prospects for June's NHL entry draft are in Toronto for Central Scouting's annual draft combine and will be put through rigorous physical fitness testing.

Dubbed "running the gauntlet," Central Scouting sets up 16 stations — not for the faint of heart — around the horseshoe perimeter of the Westin Bristol ballroom.

"These kids will be pushed almost to exhaustion," said E.J. McGuire, director of Central Scouting. "It's a chance to show teams what kind of shape you're in. With all the telemetry, if a kid's not in shape, this will tell them."

McGuire said the hardest tests on the gauntlet are the Anaerobic Wingate and the aerobic VO2 max tests.

More than 100 prospects will be put under the microscope at the combine, which also includes a detailed medical review and gives teams a chance to interview prospects.

Tavares, a gifted London Knights sniper and the Ontario Hockey League's all-time leading goal-scorer, and the Swedish Hedman, a six-foot-five, blue-line behemoth with two-way polish, have been battling for the No. 1 spot for two years.

One scouting publication recently added Brampton Battalion forward Matt Duchene to that group.

"Sometimes, the combine moves a guy up or down a notch," McGuire said. "Teams have lists ready to go, but the combine might confirm or disconfirm something."

The New York Islanders hold the No. 1 pick in the draft, while the Toronto Maple Leafs have made no secret about their interest in Tavares and want to move up from No. 7.

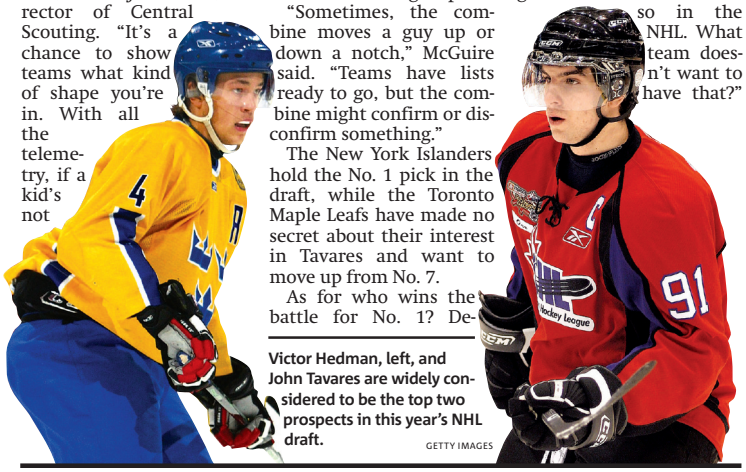
As for who wins the battle for No. 1? Depends on who you ask and, ultimately, it could come down to the needs of the team who holds the pick. But if you ask McGuire?

"My personal prediction is John Tavares," McGuire said. "He's going to be a 30-goal scorer for a decade or so in the NHL. What team doesn't want to have that?"

Draft order

Top 10 picks in the NHL entry draft, June 26 and 27 in Montreal.

1. New York Islanders
2. Tampa Bay Lightning
3. Colorado Avalanche
4. Atlanta Thrashers
5. Los Angeles Kings
6. Phoenix Coyotes
7. **Toronto Maple Leafs**
8. Dallas Stars
9. Ottawa Senators
10. Edmonton Oilers



Victor Hedman, left, and John Tavares are widely considered to be the top two prospects in this year's NHL draft. GETTY IMAGES

Balsillie applies for NHL ownership

HOCKEY While the NHL and Phoenix Coyotes owner Jerry Moyes look like they can finally get along, the question becomes whether the league will admit or blackball BlackBerry magnate Jim Balsillie.

The league has before it the application by the billionaire co-founder of Research In Motion to become an owner. Next week, it will receive an application from Moyes to officially move the team to Hamilton.

NHL deputy commissioner Bill Daly declined to comment on Balsillie's application, but confirmed to the Toronto Star the NHL will continue to pay the Coyotes' bills until the team is sold as part of a mediation agreement.

Moyes and the NHL were ordered into mediation last week by Judge Redfield Baum, an order that has borne some fruit. The once-prickly matter of "control" appears to be moot, with both sides instead focusing on running the day-to-day business of the team.

Jim Balsillie

"The control issue is not resolved," Daly said in an email. "But the parties are trying to agree on a process to jointly operate the club pending the sale."

A hearing tomorrow will shed light on some matters, including the process to sell the team and the city of Glendale's lawsuit to force the team to say at the Jobing.com Arena for another 26 years.

Any relocation will be decided in June, with Moyes kick-starting that when he hands in his application next week. The NHL will likely turn down Moyes' application — setting in motion an anti-trust suit.

But what it does with Balsillie's application to be approved as an owner is anyone's guess. Balsillie was approved when he tried to buy the Pittsburgh Penguins, so the Balsillie camp is hopeful the vetting process will be seamless. TORSTAR NEWS SERVICE

Sports in brief

SOCCER Burnley returned to the top flight of English soccer yesterday for the first time in 33 years with a 1-0 win over Sheffield United in the playoff final. Burnley finished fifth in the League Championship, two places below Sheffield and had many chances to score, but the one goal was enough to join Wolverhampton Wanderers and Birmingham in going up.

SOCCER Iran Football Federation chief Ali Kafashian says he has received a proposal from his U.S. counterparts to play a friendly in Tehran in October or November. Kafashian told the Fars news agency yesterday the Iranians are considering the offer.

BASKETBALL Former NBA star Jayson Williams was arrested early yesterday after authorities say he punched someone in the face outside a Raleigh nightclub, the latest legal tribulation for the all-star who has spent years in the courtroom since an injury ended his basketball career. METRO NEWS SERVICES

Rangers supporters kill man, police say

N. IRELAND Protestant supporters of a Scottish soccer team beat to death a Roman Catholic man in the latest sign of how sports rivalries inspire sectarian bloodshed in Northern Ireland, police and politicians said yesterday.

Witnesses said more than 20 Protestant supporters of Glasgow Rangers, many of them wearing the team's blue-and-white jerseys and scarves, drove into a Catholic district of the town of Coleraine after Rangers clinched the Scottish Premier League championship Sunday.

Billy Leonard, a former policeman and politician from the Irish nationalist party Sinn Fein, said several carloads of anti-Catholic extremists came armed with clubs "and literally attacked the first person they came across."

Police said they arrested six men on suspicion of involvement in the attack. THE ASSOCIATED PRESS

Nadal matches French Open record with 29th straight win

TENNIS Rafael Nadal continues to roll along at the French Open.

The top-seeded Nadal looked his usual dominant self in the first round, beating Marcos Daniel of Brazil 7-5, 6-4, 6-3 for his 29th straight win on the red clay at Roland Garros.

The win bettered the mark held by Bjorn Borg, who won 28 straight from 1978-81. Nadal also equalled the overall tournament record, matching the 29 straight Chris Evert won between 1974-75 and 1979-81. Evert did not play at the French Open from 1976-78.

Nadal was broken three times by Daniel, but the Spaniard remained perfect on the French Open's red clay as he tries to become the first player to win five straight titles at Roland Garros.

"You always start with some nerves." Rafael Nadal

"You always start with some nerves," Nadal said before walking off centre court. "I'm very happy with the win and to advance."

Russian Dinara Safina, the top-seeded player in the women's draw, and No. 3 Venus Williams of the U.S. also advanced. Safina routed Anne Keothavong of Britain 6-0, 6-0 by spraying shots to all parts of the court.

"I was just playing point by point, game by game, and it ended up like this," said Safina, half of the only brother-sister combination alongside Marat Safin to have served as the No. 1-ranked player in the world.

On the men's side, 10th-seeded Nikolay Davydenko of Russia, No. 12 Fernando Gonzalez of Chile, No. 23 Robin Soderling of Sweden and No. 30 Victor Hanescu of Romania advanced. THE ASSOCIATED PRESS

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In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Ayers denied entry to Canada

In January, University of Illinois-Chicago professor William Ayers, co-founder of the radical Weather Underground, was barred entry into Canada to give a speech at the University of Toronto. He has been denied entry again, forcing him to cancel an appearance at this week's Congress of the Humanities and Social Sciences, hosted by Carleton University. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Helping whole communities

Head to **Toe**

These people have feelings, they have lives. Yes they're sick but they are people."
Nurse Danielle Latulippe-Larmand

RAFAEL BRUSILOW
for Metro Canada

For nurses like Danielle Latulippe-Larmand, 47, helping the sick goes beyond physical and mental health — it's about transforming entire communities for the better.

"For me nursing was always about helping people. You want to be able to change communities to make things better for people," Latulippe-Larmand said.

Latulippe-Larmand works at the Centre for Addiction and Mental Health in Toronto, helping patients often struggling to regain control of their own lives. Having now worked for more than 25 years throughout the field of psychiatric nursing, Latulippe-Larmand feels a profound sense of duty to help the mentally ill — people she believes are the most marginalized within society.

"A lot of people are uncomfortable around people who are mentally ill. At the end of the day these people are just like me and you, they were just unfortunate enough to get an illness. The stigma is getting better but it's still there," she said.

Negative perceptions about working with the mentally ill persist even within the nursing field itself, Latulippe-Larmand says, making it harder to bring new nurses into fields like psychiatric nursing.

"A lot of nursing students when they get out of university are told, 'Don't go into psych yet,' so we face a stigma even among our colleagues," Latulippe-Larmand said.

The continual nursing shortage in Canada forces nurses to work longer hours and deal with more patients, something Latulippe-Larmand says is definitely putting pressure on the entire health system.

Latulippe-Larmand was just 20 when she graduated with a nursing degree in Quebec. She quickly moved to Toronto in 1982 to find work since nursing jobs were scarce in Quebec while Toronto was in the throes of an enormous nurse shortage. She refers to all of her patients as her "clients" and, contrary perhaps to popular beliefs about nursing, Latulippe-Larmand's work goes far beyond the hospital ward — she spends a large amount of time doing advocacy for her clients, including helping them find and keep a roof over their heads, get into schools or training programs or even manage their day-to-day affairs. When clients pass away, Latulippe-Larmand is often the only person left to make funeral arrangements or finalize affairs.

"It's about making sure these people have rights and improving the quality of their lives. These people have feelings, they have lives. Yes they're sick but they are people," Latulippe-Larmand said.

RAFAEL BRUSILOW/FOR METRO CANADA

Nurse Danielle Latulippe-Larmand, working as a nurse at CAMH, helps care for the mentally ill.

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Straighten up to good health

Head to **Toe**

BRIAN COULTON
for Metro Canada

Melvine Baird didn't consult a school counsellor or attend a job fair to find her career calling. Instead, the Torontonian turned her youthful pain into her adult profession.

"I had quite severe back problems when I was younger, to the extent that they were considering orthopedic surgery," said 32-year-old Baird.

"I started seeing a chiropractor, which completely negated the need for surgery and it took away the majority of my pain and disability."

So satisfied was Baird with how chiropractic care alleviated her affliction that she opted to enter the profession herself. Already with an undergraduate psychology degree in hand, she enrolled in Toronto's Canadian Memorial Chiropractic College. Today, she operates her own chiropractic practice at the Yorkville Centre for Integrated Health.

"Basically, anywhere where there's joints involved, a chiropractor can be quite helpful."
Chiropractor
Melvine Baird

In a chiropractor's line of work, Baird said practitioners are concerned with the body's neuromuscular-skeletal system, which consists of nerves, muscles and bones, in relation to how the spine and central nervous system are functioning.

"Everything in your body is controlled through your brain and spinal cord. That spinal cord is housed in your spine. So, your spine is like the highway for your central nervous system," she said.

"What chiropractic care does is works to ensure that your nervous system is functioning properly. That will promote the health and wellness of the rest of your body."

PHOTO SUBMITTED
Having her own back problems alleviated by a chiropractor prompted Melvine Baird to become one herself.

So, for problems from lower back pain and carpal tunnel syndrome to headaches and jaw problems, Baird said chiropractic care can provide effective treatment. "Basically, anywhere where there's joints involved, a chiropractor can be quite helpful."

Chiropractors don't have the ability to issue medical prescriptions like other doctors, said Baird, but instead use their hands and sometimes technologies like ultrasound and low-level laser therapy to apply treatment.

"There are hundreds of chiropractic techniques out there," she said, "but ultimately, we're all doing the same thing. Just how you get there might be a little bit different."

To become a chiropractor in Canada, prospective students may attend one of two schools in the country that offer registered chiropractic programs — the Toronto-based Canadian Memorial Chiropractic College or the Université du Québec à Trois-Rivières.

According to the Canadian Chiropractic Association, students must complete at least three years of university to be eligible for entry to the four-year program at the CMCC, or a CÉGEP health science program before enrolling in UQTR's five-year program.

For more of the Head to Toe exclusive series check Workology frequently or stop by:
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Meetings not necessary?

SURVEY Professionals should think twice before scheduling that next meeting, a survey suggests. Managers interviewed said 28 per cent of these gatherings are a waste of time. Moreover, almost half of respondents (45 per cent) felt employees would be more productive if their company banned meetings one day a week.

In the OfficeTeam survey executives were asked, "What percentage of meetings do you feel are unnecessary?"

Executives also were asked, "How much more or less productive do you believe your employees would be if your company banned meetings one day a week?"

"Businesses are operating with lean teams, which implies more people are stretched for time," said Robert Hosking, executive-director of OfficeTeam. "Sometimes meetings outlive their original purpose, so professionals should carefully consider whether one is warranted or if there's a more efficient way to share the information." METRO NEWS SERVICES

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Girls using sex as currency

Author raises awareness of middle-class teen prostitution in Canada

CELIA MILNE
for Metro Canada

Right under our noses, girls are trading oral sex for pretty shirts and sex for money.

For her new book and film Oral Sex is the New Goodnight Kiss, Canadian journalist Sharlene Azam interviewed teenage and pre-teen girls about sexual attitudes and found many who use sex as currency.

Even in middle-class Canada, girls are being recruited — often by other teens — to provide sexual services to groups of men and boys.

"I was most surprised to learn that there are girls recruiting other girls," Azam told Metro. "It is chilling to sit across from a teenage girl who talks about targeting a pretty, popular girl at her school because she thinks she has everything and is jealous of her."

Parents often believe that their daughters are safe when they are at school, at the mall or chatting on the Internet. But Azam found girls as young as 12 were actually giving oral sex to groups of boys and telling their parents they were hanging out with friends. All the boys had to do was say they "want a piece" of her, and she'd perform oral sex while the others watched, reports Azam, who splits her time between Los Angeles and Vancouver. She also interviewed girls who were willing to pose nude on their webcam and get paid to send the pictures to anonymous men.

ISTOCK PHOTO

Oral Sex is the New Goodnight Kiss by Sharlene Azam documents the stories of Canadian girls being recruited for prostitution.

"The Internet has sped up teens' sexual willingness and behaviour."
Canadian journalist Sharlene Azam

"There is very little education or awareness of what is happening to girls because the problem is so new and it is well hidden."

Why are girls today more promiscuous than in the past? "The Internet has sped up teens' sexual willingness and behaviour," says Azam. "Girls are surrounded by a hypersexualized culture where they are being groomed and encouraged to think of themselves as: Hooter's Girl, Stripper, Porn Star. Exposure affects behaviour."

Girls who are looking for attention know that a sexy video or picture can give them power and launch them into fame.

This behaviour can have long-term health effects. It could affect the girls' ability to trust men later in life and to have normal, living relationships, says Azam, who is married with a young daughter. In addition, many girls are getting STDs. One public health nurse told her that at the four schools she visits, hundreds of kids have Chlamydia.

Azam suggests that parents pay close attention to their daughters during their teen years and have regular conversations with them about sex. "The parents that I interviewed wished they had paid attention to the warning signs. When you learn that your daughter has traded sex for $60 or has sold her virginity for $1,000, your whole life stops," she says.

A revealing read

• Oral Sex is the New Goodnight Kiss by Sharlene Azam is available through thenewgoodnightkiss.com and Amazon.

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TORSTAR NEWS SERVICE

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Walking your way to slim

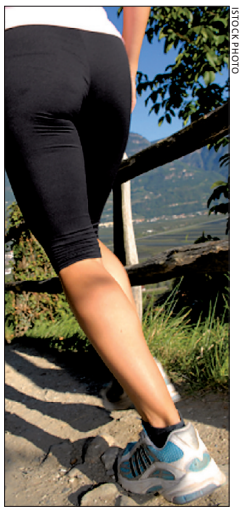
Get fit, build bones, strengthen your heart, shed pounds and lengthen your life

Walking is a health powerhouse. It strengthens your muscles and heart, lowers your blood pressure and helps build bones.

It can even lengthen your life: According to research, walking vigorously for 30 minutes just six times a month may lower your risk of premature death by 50 per cent.

It's relatively easy on the joints and bones — walking puts about half the stress that running does on your knees, ankles and shins. But you'll have to give more effort than you would for a casual stroll. To get all the great benefits, including boosting your cardiovascular fitness, you need to "power walk," moving at a pace that will bring your heart rate into the target zone.

To be clear, fitness walking is not as fast as race walking. Race walkers, who have an unusual gait that involves swaying the hips back and forth, can easily walk faster than some people jog.


STOCK PHOTO

Walking puts about half the stress that running does on your knees, ankles and shins.

Watch your form

Posture: A key element to fitness walking is proper posture. Many people slump over when they walk, which, over time, can lead to problems such as muscle strain and pain in the neck, lower back and hips.

As you walk, point your chest straight ahead. And tuck in your belly, which is doing a lot of the work in holding up your back. Every five minutes or so, do a mental scan of your posture. If you're not standing straight, pull yourself back into alignment.

Arms: Holding your arms still, or swinging them without bending them, will slow you down.

Instead, bend your arms to a 90-degree angle and swing them in sync with the opposite leg. This motion will not only feel more natural, but it will also add speed and power to your walk.

Stride Length: Lengthening your stride in order to walk more quickly — known as over-striding — is a mistake. It puts you off balance without speeding up your pace. Since the power in your gait comes from pushing off your back leg and foot, it's more effective to take short, quicker steps when you want to move faster. Also concentrate on pumping your (bent) arms quickly, which will help speed up your legs.

Ready to get moving? See your doctor before you start any fitness program if you have any health concerns.

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BEST HEALTH MAGAZINE

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Flomax can cause complications
Men taking Flomax (tamsulosin), a commonly prescribed medication for enlarged prostate, have an increased risk of potentially serious complications following cataract surgery, a study suggests. THE CANADIAN PRESS

Women smokers at greater risk

Even a few cigarettes a day is not safe, says new research

Women may be more vulnerable to lung damage from smoking than men, according to new research.

In a study looking at chronic obstructive pulmonary disease (COPD), scientists at Brigham and Women's Hospital, part of Harvard University Medical School, and the University of Bergen in Norway found that female smokers experienced reduced lung function at a lower level of exposure and at a younger age than male smokers.

"There's an important public health message here," says senior author Dr. Dawn DeMeo, assistant professor of medicine at Harvard. "Many women believe their smoking is too limited to be harmful, that a few cigarettes a day is a minimal risk. Our research shows there's no safe amount, especially for women."

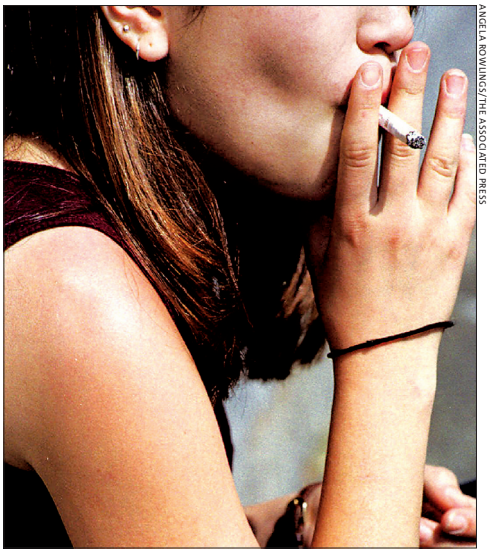
The study, presented yesterday at the American Thoracic Society conference in San Diego, analyzed data from Norway of current and former smokers, 954 of whom had COPD; 955 were controls.

"One theory is that women have smaller lungs than men, so each cigarette does more harm."
Dr. Inga-Cecilie Soerheim

The gender differences were most pronounced among COPD patients under the age of 60, considered early onset, and those who smoked less than a pack a day for 20 years, the low-exposure group.

COPD is a progressive disease characterized by increasingly difficult breathing. It is most often caused by cigarette smoking and includes the conditions emphysema and chronic bronchitis

Another study, also reported this month, looked at 683 lung cancer patients at a Swiss treatment centre. It found that women tended to be younger when they got cancer even though, on average, they had smoked less than the men, suggesting an increased susceptibility. TORSTAR NEWS SERVICE


ANGELA ROWLINGS/THE ASSOCIATED PRESS

A Norway study found that female smokers experienced reduced lung function at a lower level of exposure and at a younger age than male smokers.

What does your lipstick says about you?

• The Point
The sharper the point, the more ambitious this lipstick's owner is. Those with pointy tips are usually helpful (except when the tip is too sharp — that suggests they have turned mean and hard-edged). If the tip has a roundness, they're happy in their job and their life.

• The Leaning Tower of Pisa
When you come across this shape, you're dealing with a tough, strong and opinionated adversary. (But they have a fun-loving side, enjoy a party and are good sources of office gossip.) A toppling tower indicates rage or a crisis.

• The Reclining Chair
If a lipstick's shape is high on one side, it signals stress. Women with "chairs" are friendly and often organize the office party. They can have split personalities, though. At-work lipsticks can have higher backs than nighttime ones.

• The Double-Edged Sword
Two sharp points indicate a woman who knows what she wants and is single-minded about getting it. But double-edged swords are nurturing and value loyalty. If you cross her, though, be prepared for the proverbial knife in the back.

• The Flat Top
You want this woman on your side. She's dependable and even-tempered.

TORSTAR FILE PHOTO

Forget astrology find out what you're really about from your lipstick shape.

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Play doctor
Enroll in "med school" at abc.net.au/science/lcs/swf/heart.swf, an online game that teaches you what's involved in performing heart surgery (and the risks). You play as intern, surgeon or specialist. **BEST HEALTH MAGAZINE**

Cyber-confess your sins

I went to a small, rural Catholic school and our priest used to bring a portable confessional and set up in the hallway every other Tuesday. We'd line up to kneel and confess our sins through the little, latticed window, speed through our assigned penance prayers and poof, the slate would be wiped clean for another couple weeks.

The Experience Project (experienceproject.com) is like one big online personal confessional, but instead of confessing that you lied to your parents or took the Lord's name in vain, participants "cyber-confess" that they're in a sexless marriage, that they're having an affair with a married man or that they've fallen hard for a guy who clearly doesn't feel the same way.

"Some of the things we're dealing with may be stuff we're not particularly proud of and can't talk about it to people close to us for fear of judgment or because they simply won't get it," says site founder Armen Berjikly, a 29-year-old computer science engineer in San Francisco. "We need to talk to people who've been there that's often more important than even knowing who you're confessing to."

"Had I not stumbled upon the website, I probably would be divorced right now."
Anne, 42, an experienceproject.com user

Unlike social networking sites like Facebook full of party photos and shiny, happy "friends," sharing the minutiae of their daily lives, at experienceproject.com personal details are forbidden and privacy is intensely guarded. But Berjikly insists it's not about being secretive as a way of copping out of being honest in your real life but an alternative to bottling things up or living in denial.

Cyber confessors I spoke to said they found the site helpful because it allowed them to "get certain things off your chest" or "it helped to relieve stress and release hurtful things from the conscience."

Being in a sexless marriage was embarrassing for 42-year-old "Anne." "Had I not stumbled upon the website, I probably would be divorced right now," she says. "My experience set me on the right path to get counseling and work on my marriage instead of giving up and becoming another statistic."

"There is great value if you harness technology to be helpful," says Berjikly, who got the idea for the site when helping a friend with Muscular Dystrophy find online support. "As humans our most challenging experiences are what make us who we are as people and they are what bond us together."

If you're still not convinced of the power of confession, in two years, the site has grown to millions of monthly users and into a full-time job for Berjikly. And that's the truth.

Share your best-kept secret on the Sexcetera blog at metronews.ca. The juiciest secret will win a copy of The Tantric Sex Deck: 50 Paths to Sacred Sex and Lasting Love by Don and Debra Macleod.

ISTOCK PHOTO

The Experience Project is an online confessional where people "cyber-confess" about relationship Indiscretions.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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MENTAL ILLNESS. JUST ANOTHER EXCUSE FOR BAD BEHAVIOUR.

WOULD YOU SAY THIS ABOUT ANY OTHER ILLNESS?

Shocking? Well we think so too. But according to a recent Canadian Medical Association (CMA) survey of Canadians, 46% of Canadians believe that mental illness offers an excuse for poor behaviour and personal failings. People just don't take mental illness seriously. They assume that people with mental illnesses have a choice, and if they tried hard enough, they could just "snap out of it." But they can't. And like a lot of people with chronic diseases, they can't get better by themselves. Canadian Mental Health Association (CMHA) is committed to improving the lives of those who are living with mental illness. And with 33 branches in Ontario alone, we provide a place for individuals to reach out for support.

CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO
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Apple Cider made me lose 16 pounds!

Monique was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"I work night shifts in the health care sector. It's a hard schedule and it made me gain a lot of weight - about 25 pounds. Even if I exercised, I never lost weight. Especially my legs felt very heavy. It was frustrating!

My local pharmacy advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I finally lost weight from my legs!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs. And I finally lost weight from my legs – lots of weight! I didn't exercise but I was not snacking and I did drink a lot of water, as recommended.

I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

Monique, Quebec City

ARE YOU RETAINING WATER?	YES	NO
My body feels heavy and puffy	■	■
I love especially salty snacks	■	■
My joints feel swollen	■	■
I have cellulite	■	■
My clothes are tight	■	■
I don´t drink enough water	■	■

These are some clues that your body is retaining more than usual amounts of water. Cut your salt intake and try Apple Cider 600 as a solution!

SO HOW CAN APPLE CIDER 600 HELP?

Apple Cider 600 is an effective formula of three plant extracts, combined to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism and balance digestion. Globe artichoke stimulates your bodies detox process and Dandelion is a strong diuretic, which for decades has been used to eliminate retained fluids, stored among the fat cells and soft tissue.

WATER RETENTION MAKES YOU BLOAT!!

Weight loss is not only about losing fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles feel heavy and pants fit tighter. What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctors say, because of the rise and fall of hormone levels.

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Cancer nutrition tips

Eat more small meals instead of three large

Weight loss and malnutrition are serious threats to patients battling cancer, who can find that their tumours or treatment sap their appetite, cause nausea and other side effects and block absorption the nutrients they do force down.

Here are some tips from cancer specialists and dietitians to help:

• Try to eat five or six small meals throughout the day rather than three large ones.

• Cancer patients tend to need more protein than healthy people. Peanut butter crackers, yogurt and fruit, a hard-boiled egg and piece of toast all are good mini-meals.

• Drink between meals, not with them, to avoid filling up on liquid.

• Don't try your comfort food if you're vomiting. It may create an aversion.

• Foods high in fat or fibre make nausea last longer.

• White, bland foods tend to help with nausea, such as cream of wheat, mashed potatoes, cottage cheese.

• Odours often worsen nausea, and foods served at room temperature rather than warm tend to have milder odours.

• Fresh ginger about 30 minutes before eating also can take the edge off nausea, but not ginger flavouring common in many sodas. A study published last week found ginger capsules work, too.

• Certain cancer medications, particularly painkillers, cause constipation, so keep up the fibre whenever the nausea passes.

• Take special care to stay hydrated when diarrhea strikes. Bananas, rice, applesauce and toast are good options.

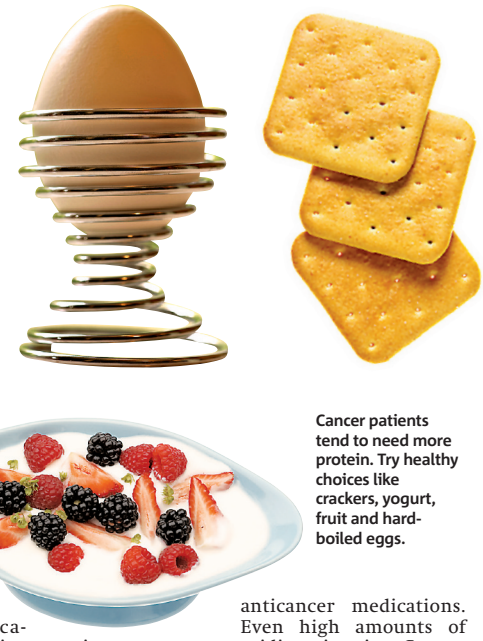
• Many patients find foods that once tasted good now taste metallic. Citrus sometimes counters that; try sucking lemon drops, or drinking lemonade with meals, or using citrus-based marinades. Other patients may have a treatment-caused, and correctable, zinc deficiency.

• Tell your doctor about any over-the-counter dietary supplements. Some, such as St. John's wort, can cause dangerous interactions with numerous anticancer medications. Even high amounts of acidic vitamin C can worsen stomach problems.

• Staying hydrated and eating foods moistened with sauces and gravies helps dry mouth; doctors also can prescribe an artificial saliva.

• High-protein, high-calorie milkshakes and canned supplements like Ensure help sneak in extra nutrients and are especially helpful for patients with mouth sores. Make your own with whole milk and a few tablespoons of dry milk or protein powder.

• Ask for a consultation with a dietitian who specializes in cancer before you start losing weight. Specially designated cancer centres often have dietitians on staff.



Cancer patients tend to need more protein. Try healthy choices like crackers, yogurt, fruit and hard-boiled eggs.

THE ASSOCIATED PRESS

Mayor has proclaimed May 24 – 30, 2009 Benign Essential Blepharospasm Week

Blepharo what you ask?

Benign Essential Blepharospasm (BEB) is a disorder that causes the eyelids to spasm and close uncontrollably. More than 3,000 Canadians suffer from this debilitating eye disease – which can lead to functional blindness – yet very few people know about it. BEB is not life threatening, but it is life altering. Those afflicted have trouble seeing, reading, walking, driving – in essence, difficulty leading normal lives.

Do you experience excessive blinking? Do you have difficulty opening your eyes? Are your eyes sensitive to light and do you have dry eyes?

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Bye bye, BlackBerry

Kevin Bacon had his BlackBerry stolen in a New York City subway station late last week and tried his best to chase down the thief, but to no avail, according to the New York Post. METRO WORLD NEWS

Entertainment

Quick rebound

Patricia Arquette's show Medium was cancelled and saved all in the space of 24 hours. A day after NBC announced it was dropping the drama series, rival network CBS has picked it up. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Extras flock to appear in Cherry biopic

1950s garb required for game scenes

Hundreds of people converged at the hockey arena in Selkirk, Man., a small city north of Winnipeg on Sunday to act as extras in a film about hockey commentator Don Cherry.

Dressed up in old fur coats and fancy hats to simulate a hockey crowd in the 1950s, some travelled hours for the far-from-guaranteed chance to appear on screen.

"I want to work in the film industry and I thought being an extra would be an easy thing to start with," said Zachary Cordell, 26, who travelled nine hours by bus from Thompson, Man., and showed up in a bowler hat and charcoal vest.

"I got a notice ... on Thursday and I threw everything together to come down here."

Standing nearby was the McKelvie family, who drove up from Winnipeg after scrounging up dark overcoats, an old derby hat and a mink stole for mother, Susan.

"I went to a friend of my Mom's, who's 90 years old, and I got the coat and the fur and the hat and the gloves," she said.

"Some came out of our own closets and thrift stores, that sort of thing."

The Selkirk arena is doubling as two rinks Cherry played in during his career in the American Hockey League in the 1950s and '60s, following a one-game stint with the NHL's Boston Bruins. The low-tech barn-style building is a natural fit. "It's a fairly generic space and ... it's not over the top. You don't have electronics flying around the entire area every time a goal is scored," joked Selkirk Mayor David Bell.

The movie, Keep Your Head Up Kid: The Don Cherry Story, is expected to air next year on the CBC as a four-hour mini-series. The script was written by Tim Cherry, Don's son, who also serves as executive producer.

Known for his loud tirades and even louder clothing on his Coach's Corner TV segment of Hockey Night In Canada, Cherry has managed to attract both a devoted fan base and a number of critics who accuse him of promoting fighting and bashing Quebec and European hockey players.

The film will reportedly include dramatizations of Cherry's boyhood in Kingston, Ont., and follow his hockey career through the minor leagues and as a coach with the Boston Bruins. It stars Jared Keeso as Don Cherry and Sarah Manninen as Rose Cherry. Other scenes are being shot in Winnipeg and Brandon, Man. THE CANADIAN PRESS

RUTH BONNEVILLE/WINNIPEG FREE PRESS/THE CANADIAN PRESS

A camera crew films Keep Your Head Up Kid: The Don Cherry Story, in Selkirk, Man. on Sunday.

Blast from the past: TV antennas prove very handy in digital age

Sunny Side

TELEVISION A spiny pack of near-extinct, multi-limbed creatures are turning up in cities across Canada, creeping up the sides of buildings and settling on urban rooftops. TV antennas are making a tentative comeback in this country.

Nobody in the broadcasting industry or government seems to know how many Canadians are scrapping cable and satellite in favour of the old-school technology, but there's anecdotal evidence a mini-boom is under way.

Ironically, it's all being fuelled by the high-tech switch by broadcasters from analog to digital and high-definition channels.

Viewers are discovering that they can get over-the-air, digital television stations that proponents say come through better than on cable and satellite, where signals are compressed.

"And the magic word is 'free,'" says Jon LeBlanc, Canada's antenna guru. LeBlanc began an "over-the-air" discussion board on digitalhome.ca five years ago, where a few diehard antenna fans would pop by.

Now he's the most popular forum on the site, with

"The magic word is 'free.'"
Jon LeBlanc

dozens of new people logging on every month to find out about getting hooked up.

LeBlanc himself gets 14 digital stations, including six from the U.S., with his rooftop antenna in Delta, B.C.. "If a person weeds through what they're actually watching, does the value-added provided by a cable company or a satellite company make any sense? ... More and more people are saying 'No,'" says LeBlanc.

Conventional TV broadcasters say they're struggling to survive in a multi-channel universe with dwindling ad revenues.

They're pushing the government to provide some regulatory and financial relief, particularly over the costs of converting their transmitters to digital by 2011.

But the industry has not publicly discussed the phenomenon of Canadians willingly rejecting the 500-channel universe in favour of signals they can catch locally. The Canadian Association of Broadcasters says it's not something they've noted at all.

The number of Canadians who rely on over-the-air TV is repeatedly pegged at nine per cent nationally, 16 per cent in Quebec.

David Purdy, vice-president of video product management for Rogers Communications, predicts the numbers will continue to decline once all Canadian stations convert to digital by August 2011.

"The notion that a linear television offering, whether through rabbit ears or a digital receiver, is somehow going to meet the customer's needs is completely not reflective of the world we live in," Purdy said.

But Karim Sunderani, co-owner of Toronto's Save and Replay store, says he's been selling 1,000 antennas a month, and feels he's at the cusp of something big.

"It's mainly the picture quality," says Sunderani, who gets a dozen channels in his store with a $50 set-top antenna. If you look at the difference between the old VHF, the UHF is stunning, we're actually getting high-definition and obviously no monthly bills once you put the antenna up."

THE CANADIAN PRESS

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SENECA CHANGES YOU.

Former Wilco member found dead

Jay Bennett, a former member of the band Wilco, has died at age 45. A posting on the website of record label Undertow Music Collective says Bennett died in his sleep. Friend Edward Burch tells the Chicago Sun-Times Bennett died Sunday and an autopsy is being performed. THE ASSOCIATED PRESS

Album cover art gets facelift

Digital downloading is changing the relationship between music fans and artwork

BRYAN BORZYKOWSKI
for Metro Canada

STEVE HYMAN/FOR METRO CANADA

PHOTO HANDOUT

ABOVE: Bob Mersereau, author of the Top 100 Canadian Albums, says less work is going into album cover art nowadays. **LEFT:** Juno-Award winning album designer Michael Wrycraft — who does all his work under the moniker "A man called Wrycraft" — says he's not panicking about the future. He's designed album covers for, from left, Blackie and the Rodeo Kings, Watermelon Slim, Bruce Cockburn and Gordon Lightfoot.

There's more to a CD than just the music. Flipping through liner notes, reading lyrics and, especially, staring at brilliant cover art is all part of record listening experience. Or at least it was — with legal downloading accounting for 20 per cent of all music sales, the future of album artwork is in jeopardy.

"There seems to be less and less need for artwork," says Bob Mersereau, author of the Top 100 Canadian Albums. "When my son buys a CD he throws the insert away. He doesn't want it; it just gets in the way for him. He's not interested in that experience."

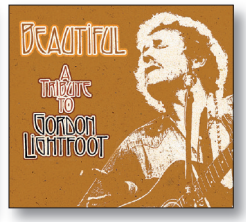
If Mersereau's son is any indication, the days when an album's cover would often resonate more than the music is over. That worries the New Brunswick-based journalist.

"When you say Dark Side of the Moon, what's the first thing that pops into your head? It's not Money. It's that cover. Abbey Road? It's the cover," he says.

While there's no doubt the experience of flipping through a CD booklet is changing, one web-based music store owner doesn't think album art will disappear.

"The future is limitless," says Dave Ullrich, founder of Toronto-based Zunior.com. "It might not be the same as vinyl, but it can be very different and different can be better."

On his website Ullrich gives music buyers the opportunity to download PDFs of a disc's artwork, and he once offered downloaders a high resolution Rheostatics poster that could be printed and framed.



While he's happy to give his customers more than just MP3s, he admits that the future of cover art will soon be far more dynamic than a simple PDF download.

"It doesn't exist yet, but with things like iPhone apps fans will be able to easily dig into lyrics, or even kick back and just listen to music and look at the record's artwork, all on their phone," Ullrich explains.

Michael Wrycraft, a Juno-winning artist who's designed artwork for Bruce Cockburn among other Canadian acts, should be the first one to lament the move to digital. But, not only is he busier than ever before, he thinks the work will keep coming well into the downloading era.

"Artwork on paper may die out years from now, but then someone will download a track, play it on a computer and a screen saver will pop with credits and pictures," he says. "I'm not panicking about my future — I just realize that someday the material I work with might change."

Mersereau, however, thinks the devaluation of cover art is already in full swing, especially when it comes to major label releases. "There's less and less work going into them already," he says. "Take the new Bruce Springsteen, the reviews are great, but it's the ugliest cover you've ever seen. Where are the iconic shots of the past? Where are the great covers that you want to hang up on your wall?"

Ullrich agrees that some liner notes aren't as eye-catching as they used to be. He chalks that up to budgeting issues, which can be resolved when digital artwork takes off.

"Creative bands will be able to do some really cool stuff," he says. "Digital is more wide open — it's even more open than what you had in the old days."

Johansson has new album

Scarlett Johansson continues her foray into the music world with Break Up, a collection of duets with singer/songwriter Pete Yorn. Last year she released an album of Tom Waits covers called Anywhere I Lay My Head. FEMALEFIRST.CO.UK

Therapy for the Disturbed

IAN NATHANSON
for Metro Canada

Disturbed might be the name of a Chicago nu-metal foursome, but for David Draiman, "disturbed" also reflects a personal state of mind from which the group's frontman draws inspiration.

On the band's fourth studio effort, Indestructible, Draiman bares such harrowing personal experiences as a motorcycle accident, many a tattered relationship as well as the teenage girlfriend who took her own life following a long battle with heroin addiction. The circumstances of the latter led to him to write the album's first single, Inside The Fire.

"Songs like this tend to come from a very real place, with very real emotions," Draiman tells Metro. "It gets difficult to write each time, but that's what this kind of therapy entails."

Since Indestructible's release a year ago, Draiman has endured a series of personal setbacks that certainly could fuel lyrics to a much darker follow-up album.

"My fiancée left me before the new year to, um, find herself, which I still don't understand," he says. "That potential union was causing a major rift between me and my family — she was half-Iranian, half-German, which couldn't be any more caustic a combination for my Jewish family to deal with. We still are not on speaking terms.

"My father had major reconstructive back surgery which put him out of work. A month later, my mother had a small heart attack. Just recently, I had to put my sweet dog to sleep because she suffered from an aggressive bone cancer. Also, I had friends screw me over for money and betray me. Yep, it's been one of those years."

Known for its hammering percussion, guitar-driven aggressiveness and Draiman's melodic, if primal, vocal delivery, Disturbed struck success with its 2000 debut The Sickness, which landed inside the top 30 on the Billboard charts. Its successors, 2002's Believe, 2005's Ten Thousand Fists and Indestructible, each entered Billboard at No. 1 south of the border, putting them alongside similar achievements from Van Halen, U2, System of a Down, Staind, and Metallica and the Dave Matthews Band.

Listeners to Toronto alternative radio station The Edge might recognize Disturbed's Down With The Sickness — at least the "OOOH AAHHH AAHHH AAHHHH AAHHH" part — in promos for the Dean Blundell Morning Show.

On the plus side of things, Inside The Fire did score a 2009 Grammy nomination — something Draiman and pals didn't expect. "Considering we've pretty much operated off the radar since we first started the band, it was more shocking than anything else," Draiman says. "We were very honoured then, and we will continued to be honoured if it ever happens again."

WARNER MUSIC PHOTO

Disturbed is known for hammering percussion, guitar-driven aggression and melodic, if primal, vocals.

Live in concert

- Disturbed plays Toronto's Sound Academy tonight.

T.I. gives last show before prison term

T.I.

MUSIC Grammy-winning rapper T.I. told fans he would stay optimistic when he heads to prison on a federal weapons conviction.

The 28-year-old rapper, whose real name is Clifford J. Harris Jr., performed for a packed audience Sunday night in Atlanta's Philips Arena less than two days before he is to begin serving the sentence of a year and a day.

"I'm going to stand up tall, head up high," he said. "Thank you for all of your support."

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White Ribbon wins Palme d'Or at Cannes

Austrian director Michael Haneke's sombre drama The White Ribbon claimed the top prize Sunday at the Cannes Film Festival, where films by Quentin Tarantino and Lars von Trier earned the acting honours. METRO NEWS SERVICES

Hills replacement praised

They were portrayed as rivals on Laguna Beach, but Lauren Conrad has nothing but praise for the decision to have Kristin Cavallari take her place on The Hills.

Conrad announced she was leaving the hit MTV reality series at the end of this season. Cavallari will replace Conrad on the show, making her debut on the Season 5 finale on May 31.

Another Hills co-star, Whitney Port, has left for her own MTV reality series The City. With all the departures, Conrad said bringing Cavallari on board was a "very good decision."

"I think if they were going to carry on the show, they've lost about half their main cast, and they need to make up for that and I think she will be very great," she said in an interview yesterday, prior to what will likely be her final appearance on The Hills Live Aftershow on MTV.

Kristin Cavallari

"I think she will give the show the boost that it kind of needs."

Conrad also noted that she doesn't know how long co-star and former roommate Audrina Patridge is going to stay on the show "so they need to get some new blood in there." THE CANADIAN PRESS

Young joins Glastonbury lineup

CONCERT Legendary Canadian rocker Neil Young is among the headliners for this year's Glastonbury Festival.

Young will play opening night on June 26 with Bruce Springsteen, and reunited British rockers Blur scheduled to perform at the U.K. fest the next two nights.

Young, who's also headlining the Isle of Wight Festival this summer, is supporting his latest album, Fork in the Road, and the release of his long-awaited archives collection, which is due out June 2.

Lily Allen, Spinal Tap, Dizzee Rascal, Black Eyed Peas and Franz Ferdinand will also perform at Glastonbury this year. Last year's headliners were Jay-Z and Amy Winehouse.

Canadian performers scheduled to play the fest include Metric and Toronto DJ/producer Deadmau5.

THE CANADIAN PRESS

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Doing it over

If she could redo things, Brooke Shields tells Health magazine, "I think I would have lost my virginity earlier than I did at 22. I had the public and all this pressure, and I wish I had just gotten it over with in the beginning when it was sort of OK." POPEATER.COM

Rare Hepburn stamp up for auction

A collector stands to make a tidy profit after discovering a rare stamp portraying movie star Audrey Hepburn smoking — one of a series that should have been incinerated by the German government.

In 2001, the government printed 14 million Audrey Hepburn stamps as part of a series featuring movie stars including Charlie Chaplin, Marilyn Monroe and Greta Garbo. The print run was destroyed after Hepburn's son, Sean Ferrer, objected to the cigarette holder dangling from the actress' mouth and refused to grant copyright.

But the Finance Ministry had already delivered advance copies of the Hepburn stamps to Deutsche Post for approval.

Thirty of these proof copies escaped destruction when an unknown employee pocketed them and — apparently unaware of their worth — used them to send letters postmarked from Berlin.

THE ASSOCIATED PRESS

A rare, 2001 German stamp of actress Audrey Hepburn.

A minimum bid of $42,000 US has been set for the stamp, of which only five copies are known to exist, at its auction today at Berlin's Kempinski Hotel Bristol.

"We can only guess that whoever took the Hepburn stamps from Deutsche Post didn't realize their value, thought they would save 55 cents and just used them on normal letters," auctioneer Andreas Schlegel told The Associated Press. The latest find is the fifth Hepburn stamp to surface since 2004. Schlegel said the rest probably ended up where most stamps do: in the trash can. One of the four other Hepburn stamps fetched $74,000 at an auction in Duesseldorf in 2005.

THE ASSOCIATED PRESS

Former Billy Joel drummer sues, claims unpaid royalties

MUSIC A former drummer for Billy Joel claims that the Grammy Award-winning singer of hits like Uptown Girl has stiffed him out of royalties for years.

THE ASSOCIATED PRESS

Billy Joel

Liberty DeVitto has filed a lawsuit in Manhattan state Supreme Court demanding that Joel pay him overdue royalties.

The 58-year-old says he was Joel's drummer from 1975 to 2005 and that he helped the piano man to craft some of his major albums. Joel's spokeswoman did not immediately return a message requesting comment on Sunday.

DeVitto's lawyer says he doesn't know how much his client is owed. He says Joel's sales are subject to an audit.

DeVitto says he's working as a studio musician and teaching to support his family, including three children. Joel has sold more than 100 million records worldwide.

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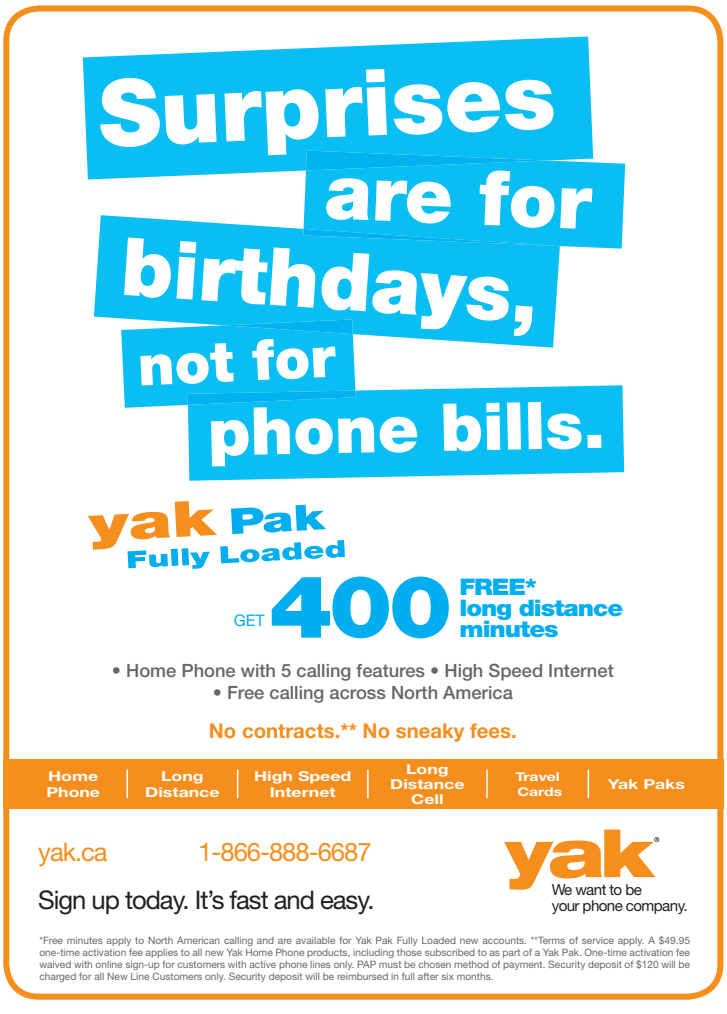

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Back to Melrose Place

The new Melrose Place is sure to make a splash when it premieres on The CW this fall. Series original Laura Leighton is reprising her bad girl character, Sydney. INTOUCHWEEKLY.COM

Boyle wows again

Brit sensation in talent show final

Surprise singing sensation Susan Boyle made a new television appearance, showcasing once again her soaring voice — but refusing to compromise on the frumpy look that made her an Internet sensation.

The shy church volunteer gave a rousing, but occasionally nervous, performance on the American Idol-style show Britain's Got Talent, with a version of the song Memory from the musical Cats.

Members of the public voting in a telephone poll picked her as the best of eight performers who appeared Sunday, meaning she will sing again in the contest's final next Saturday.

Flashing a broad smile, Boyle danced in delight as results were announced and said she had relished the chance to perform. "Fantastic, absolutely fantastic," she said. "What pressure? I've really enjoyed myself tonight."

Wearing a plum coloured beaded dress — and a touch more makeup than during her last performance — but with the same unruly shock of hair, Boyle overcame early jitters to deliver a powerful vocal.

Producers said the 47-year-old's appearance was being posted on the Internet almost immediately, after about 60 million people watched her last performance via YouTube.

In her first performance last month, judges who'd raised eyebrows at Boyle's dowdy image were won over by her bold voice and surprisingly confident performance of I Dreamed a Dream from the musical Les Miserables.

Bookmaker William Hill has made her a runaway favourite to win on May 30.

THE ASSOCIATED PRESS

DANNY LAWSON/THE ASSOCIATED PRESS

Fans gather to watch Susan Boyle perform in Britain's Got Talent live semifinal Sunday on a large screen in the community centre of her Scottish hometown of Blackburn, West Lothian.

TV series, 140 characters at a time

SHOW Twitter, the website that asks what everybody's doing, says it wants to be doing a TV series. The social-networking service said yesterday it has teamed with Reveille productions and Brillstein Entertainment Partners to develop an unscripted series based on the site, which invites 140-character postings from members around the world. The show would harness Twitter to put players on the trail of celebrities in an interactive, competitive format. The producers call their proposed series the first to bring the immediacy of Twitter to the TV screen. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

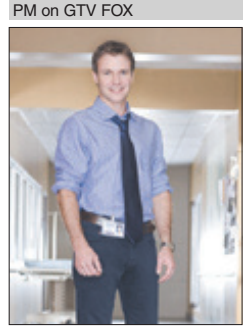
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

TO	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/26/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Around the World		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV)		Mental "Pilot" (N)		Durham County		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	TBA	NHL Hockey: Eastern Conference Final Game 4 -- Penguins at Hurricanes					CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		According-Jim	According-Jim	Hitched or Ditched (N)		Make Me a Supermodel		CityNews
	212	313	8	CTV	etalk	Hollywood	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		CTV News
	218	345	11	E!	The Insider (N)	E! News	Inside Hollywood		X-Weighted		Ruby	Style-Famous	News/Eleven
	137	763	13	TFO	Panorama		L'Énigme du sommeil		*Le Lieu du crime* ★★ (1986, Drame)			Folie-aventure	Tournants
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two-Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Platoon* ★★★★ (1986, War) Tom Berenger.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV)		The Mentalist (HDTV)		(10:01) Without a Trace		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	TV's 50 Funniest Phrases (N)				Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	*Diamonds* (2009, Drama) James Purefoy, Derek Jacobi.				News
	219	346	20	ACH-B	The Road to Avonlea		Reaper (N)		Castle		(10:01) Without a Trace		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Adverse Events"		Mental "Pilot" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		Frontline/World (DVS)		*Patsy Mink: Ahead*		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Reaper (N)		Hitched or Ditched (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	My Wife-Kids	Reaper
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Marijuana Inc.: Pot Industry		On the Money		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Baltimore Orioles. (HDTV) (Live)						Sportsnet Con.	Sportsnet Con.	Hockey Central
	400	400	30	TSN	That's Hockey	Boxing		NBA Basketball: Eastern Conference Final Game 4 -- Cavaliers at Magic					SportsCentre
	411	457	58	OLN	Dog the Bounty Hunter		Departures "Thailand"		Mantracker		Dog the Bounty Hunter		Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Drag Race	Drag Race	Super Bikes!	Super Bikes!	Pimp My Ride
family	551	542	25	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	One Tree Hill		Instant Star	Instant Star	TBA	Video on Trial	Degrassi: TNG	Degrassi: TNG	One Tree Hill
	615	520	31	A&E	CSI: Miami "Bunk"		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	Trailer Park	Trailer Park	House
	620	523	40	BVO	Sounds Like Motown		Live at the Rehearsal Hall		Ronnie Hawkins-Birthday		Bravonews	Side-Dick Dale	Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Stakeout"		Sandhogs		Crime Stories		NCIS "Stakeout"		Sea Hunters
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Central Roast		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	*Random Hearts* ★★ (1999, Drama) Harrison Ford, Kristin Scott Thomas.				
	576	582	49	BET	106 & Park	*Diary of a Mad Black Woman* ★★ (2005, Comedy-Drama) Kimberly Elise.					College Hill	College Hill	*Diary-Black*
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Extreme Ghost Stories		Stargate SG-1
	581	566	52	MTV	Room Raiders	After	MTV News	Cribs	Beatdown	College Life	College Life	Beatdown	Teen Cribs
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Watchtower	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Keith Urban	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (SC)		TVA 22 heures	Sucré-salé	*Femme*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	*Knights-Blood*	*10 Items or Less* ★★ (2006, Drama)			*Baby Mama* ★★ (2008, Comedy)			*Knights of Bloodsteel*	
	305	612	306	PIX	(6:15) *Atanarjuat the Fast Runner* (2001, Adventure)				*Big Daddy* ★ (1999, Comedy)			(10:40) *Buster's Bedroom*	

critics' corner

Mental

Think of it as "Young Dr. House — With a Couch." Chris Vance stars as Dr. Jack Gallagher, an iconoclastic young psychiatrist who becomes director of mental health services at a Los Angeles hospital, where his unorthodox methods of solving baffling cases sometimes put him at odds with his boss Nora Skoff. 9 PM on GTV FOX



Paley Center for Media Special: Best Catch Phrases

Dy-no-mite! This two-hour special features a gallery of past and present stars ranging from Jean Stapleton and Jackie Gleason to Neil Patrick Harris and Regis Philbin as it counts down the 30 funniest catchphrases in TV history. 8 PM on NBC

Testees

If Nugget's picture isn't in the dictionary next to the word "opportunist," it should be. In this episode, Peter and Ron test a pineapple shampoo with an unfortunate side effect: blindness. And Nugget turns this pineapple into lemonade for himself by moving in with the guys — rent-free, of course. 9 PM on SHO

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Perry needs a pal
Katy Perry is enjoying her music biz success, but she regrets not having someone to share it with. "I don't like being single, no," the singer tells the U.K.'s Cosmopolitan. Perry recently split from Gym Class Heroes front-man Travis McCoy, METRO WORLD NEWS

Celebrity Buzz

Paris' wild Cannes cruise

TASTELESS Paris Hilton has reportedly been having too good of a time while in Cannes.

After being invited to a friend's private yacht party by Elton John's husband, David Furnish, Hilton and boyfriend Doug Reinhardt were booted from the soiree for unsightly behaviour, according to the Daily Mirror.

"As soon as Paris arrived, she had her tongue down Doug's throat," a source says. "They got so worked up she dragged Doug below deck so they could have some private time.

"But as they were closing the cubicle door so they could tear into each other, they were caught out.

"The captain was furious. He kicked them off for unsociable behaviour."

METRO WORLD NEWS

Nigel eats his 'ignorant' words

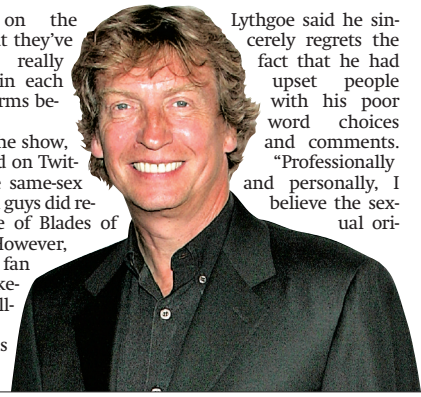
FOOT IN MOUTH Nigel Lythgoe has apologized to GLAAD and his Twitter followers after making comments against a same-sex dance pair on Thursday night's So You Think You Can Dance premiere, reports usmagazine.com.

The judge sparked outrage — including a boycott campaign from GLAAD — after he told male partners Misha Belfer and Mitchel Kibel: "I think you will probably alienate a lot of our audience. I mean, we've always had the guys dance together on the show, but they've never really done it in each other's arms before."

After the show, he posted on Twitter: "The same-sex ballroom guys did remind me of Blades of Glory. However, I'm not a fan of Brokeback ballroom."

In his apology, Lythgoe said he sincerely regrets the fact that he had upset people with his poor word choices and comments. "Professionally and personally, I believe the sexual orientation of an auditioner or contestant is irrelevant. All that said, the fact that I have unintentionally upset people is distressing to me and it is obvious I have made mistakes that I must learn from. I trust that my humour will be more sensitive and mindful moving forward," he wrote.

He also posted on Twitter: "I wholeheartedly apologize for my Brokeback Ballroom Tweet. It was insensitive, ignorant and stupid. I have upset a number of dear friends." METRO NEWS SERVICES



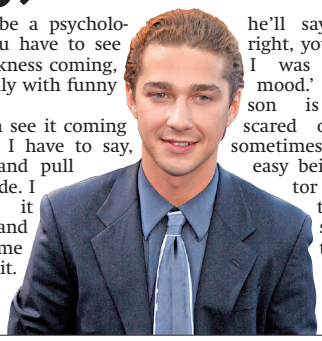
Michael Bay, Shia's shrink

PROBLEMS WE'D LIKE TO HAVE Director Michael Bay had to be a psychiatrist to Shia LaBeouf, femalefirst.co.uk reports. Bay says the star of his latest film, Transformers: Revenge of the Fallen, struggled with "dark periods," which he had to help him through.

Michael said: "You sometimes have to push him when he doesn't believe it. He'll go through a dark period. With actors you've got to be a psychologist. You have to see the darkness coming, especially with funny actors.

"I can see it coming on and I have to say, 'Shia,' and pull him aside. I explain it to him and he'll come out of it. And then he'll say, 'You're right, you're right, I was in that mood.' The reason is they're scared of things sometimes. It's not easy being an actor and putting yourself out there."

METRO NEWS SERVICES



Britney attends wedding

HOMECOMING After making a big splash in the Bahamas the day before, Britney Spears emerged Saturday in Amite, La., where she made a low-key appearance as an "honorary" bridesmaid at the wedding of her cousin, Laura Lynne Covington, people.com reports.

"When her brother walked her down the aisle, she looked stunningly calm and beautiful," says one wedding guest. "She was very pretty, low-key. She was not the centre of everything, just pretty and calm and collected."

Later, at the wedding reception, the pop star hung out with her sister and fellow bridesmaid, Jamie Lynn, who toted baby Maddie, and "sat at a table off to the side and visited with local people she knew," says the guest.

"There was no fanfare," noted the guest. "With all the star power Britney and her family command, it was still the bride's day."

METRO NEWS SERVICES

Kylie found The One?

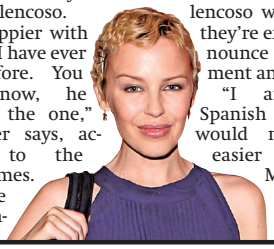
TRUE LOVE Australian pop star Kylie Minogue is completely smitten with her Spanish model boyfriend, Andres Velencoso.

"I'm happier with him than I have ever been before. You never know, he could be the one," the singer says, according to the Straits Times.

Minogue and Velencoso have even been shopping for a home in the Spanish fishing village Tossa Del Mar, where Velencoso was born. And they're expected to announce their engagement any day now.

"I am learning Spanish because it would make things easier for us," Minogue says.

METRO WORLD NEWS



Beyoncé no housewife

DIRTY GIRL While she's perfectly happy with Jay-Z, Beyoncé Knowles is not much of a housewife.

"When I'm home, I'm so lazy. I mean, I literally drop my shoes there," she admitted while chatting with David Letterman on his talk show. "I can't cook. Anything to do with cleaning, cooking, I'm just bad at it."

METRO WORLD NEWS

GETTY IMAGES

SJP spares no expense

SPOILED ROTTEN Sarah Jessica Parker has splashed out more than $23,000 US on her twins' nursery, femalefirst.co.uk reports.

The actress and husband Matthew Broderick are expecting twin girls through a surrogate.

Among their purchases are a more than $7,000 day bed and $8,000 armoire, a $6,000 double crib with Louis XIV bedding and a $2,000 rocking horse from Europe.

A source said: "Sarah Jessica and Matthew will spend whatever it takes to make the nursery perfect. They want to give it a classical French look."

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Today Variable 16°/ 11°

Wednesday Showers 80% 19° / 11°

Thursday Showers 80% 21°/ 10°

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Take Five

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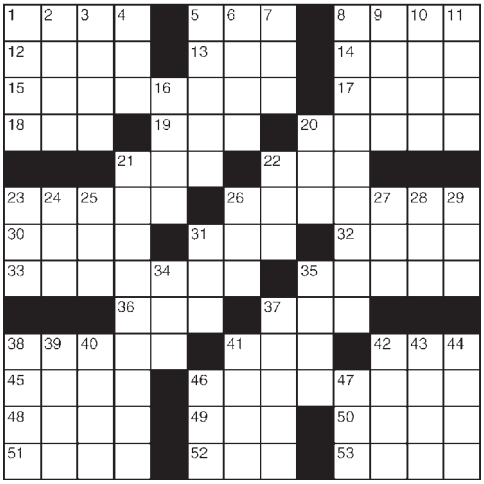

Crossword across

1 Dalmatian's name, maybe
5 Nocturnal bird
8 Squad
12 Saxophone range
13 Actor McBride
14 Gilligan's home
15 Deteriorate
17 New Mexico art colony
18 Big bother
19 Garfield, for one
20 Rhythm partner
21 Pale
22 Chart format
23 Postpone
26 Neckerchief
30 Vicinity
31 Fellow
32 Carolina college
33 Bronx cheer recipients?
35 Robbery
36 Kipling hero
37 Baby blossom
38 Robin Hood portrayer
41 Periodical, briefly
42 "See ya"
45 Libertine
46 Bicycle type
48 Competent
49 Possessed
50 Pealed
51 Prepared to drive
52 Type units
53 Yorkshire river

Crossword down

1 Long story
2 Trudge
3 Director Preminger
4 Excessively
5 Neptune's realm
6 Sharpen
7 Cover
8 "Monopoly" card
9 Birthright barterer
10 Lotion additive
11 Disarray
16 Cicatrix
20 Storage container
21 Lacking willpower
22 Salary
23 Rotation duration
24 Historic time
25 Morass
26 Kramden's wheels
27 Foreman foe
28 Ph. bk. data
29 Pismire
31 Jewel
34 "Ich bin — Berliner"
35 Embraces
37 Music groups
38 "Animal House" group
39 Earring site
40 Christmas
41 Intend
42 Suitor
43 Longings
44 Advantage
46 Commonest English word
47 Expert

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7		2			9		1	
				5	7			8
8				1		6		
		3					8	
		8	9		5	1		
	2					5		
		4		3				6
6			5	2				
	5		8			4		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	4	2	8	6	9	3	7	5
8	5	6	3	7	2	9	4	1
9	7	3	5	1	4	2	6	8
7	8	4	9	5	6	1	2	3
5	6	9	2	3	1	4	8	7
3	2	1	4	8	7	5	9	6
4	1	8	6	2	5	7	3	9
2	3	5	7	9	8	6	1	4
6	9	7	1	4	3	8	5	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Warm Sesame Chicken Salad

INGREDIENTS:

1 lb (500 g) chicken breasts
1 cup (250 ml) fresh whole-wheat breadcrumbs
1 3/4 cups (425 ml) cornflakes, lightly crushed
4 tsp (20 ml) sesame seeds, plus extra to garnish
1 tsp (5 ml) chili powder, or to taste
2 eggs

SALAD:

1/4 white cabbage
1/2 chicory
2 heads endive

HERB DRESSING:

1 tbsp (15 ml) chopped parsley
1 tbsp (15 ml) chopped fresh oregano
1 tbsp (15 ml) chopped fresh tarragon
1 tbsp (15 ml) white wine vinegar
5 tbsp (75 ml) olive oil
1 tsp (5 ml) clear honey
pepper to taste

METHOD:

1. Preheat oven to 400 F (200 C). Slice each chicken breast in half horizontally, then cut lengthwise into strips.
2. Place breadcrumbs, cornflakes, sesame seeds and chili powder in plastic bag and shake to mix well. Break eggs into shallow dish and beat lightly.
3. Dip chicken strips, one at time, in egg, then drop into plastic bag, a few at a time; shake to coat evenly with sesame seed mixture. As chicken strips are coated, transfer to two nonstick baking sheet in single layer.
4. Bake chicken strips 15–20 minutes, turning pieces over halfway through baking time.
5. Meanwhile, for salad, finely shred cabbage and place in large mixing bowl. Pull chicory and endive leaves apart and tear large ones into smaller pieces. Add to mixing bowl.
6. In small screwtop jar, shake herb dressing ingredients. Season with pepper. Pour dressing over salad and toss well.
7. Divide salad among 4 individual plates and pile cooked chicken pieces on top. Garnish with more sesame seeds, then serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You need a challenge that will bring out the best in you — and you are about to get it. What happens today will require insight and ingenuity.

TAURUS ♉
APRIL 21-MAY 21
It may seem to others that you are aiming too high and expecting too much but you know that you have what it takes. Aim for the big bucks.

GEMINI ♊
MAY 22-JUNE 21
What happens next will open your eyes to new possibilities and you will realize how limited your horizons have been these past few weeks.

CANCER ♋
JUNE 22-JULY 22
You must play by the rules today, even if you are sure you can get away with cutting corners. Just play the game and you'll win.

LEO ♌
JULY 23-AUG 23
Have no fear. Follow your desires wherever they might lead. No matter what it is you choose to do next, you will have the support of friends and family.

VIRGO ♍
AUG 24-SEPT 22
Jupiter, planet of good fortune, is strong in your chart and positive events at home and at work will convince you that you are leading a charmed life.

LIBRA ♎
SEPT 23-OCT 23
You need to work more closely with other people and you need to realize that it is OK for others to have opinions that clash with your own.

SCORPIO ♏
OCT 24-NOV 22
You may think you know everything but according to the planets you have overlooked something important. What did you miss?

SAGITTARIUS ♐
NOV 23-DEC 21
As a Jupiter-ruled Sag you believe that all things are possible, and no doubt they are, but today's cosmic picture urges you to be realistic.

CAPRICORN ♑
DEC 22-JAN 20
Mars in one of the more sensitive areas of your chart urges you to let loved ones know how much you care for them. Don't just say it — prove it.

AQUARIUS ♒
JAN 21-FEB 18
The pace of life is moving faster by the day, if not the hour, but you are clearly enjoying the ride. Take care that you don't overlook important details.

PISCES ♓
FEB 19-MARCH 20
If you are free and easy with your money over the next two or three days you will regret it later when your cash flow dries up.

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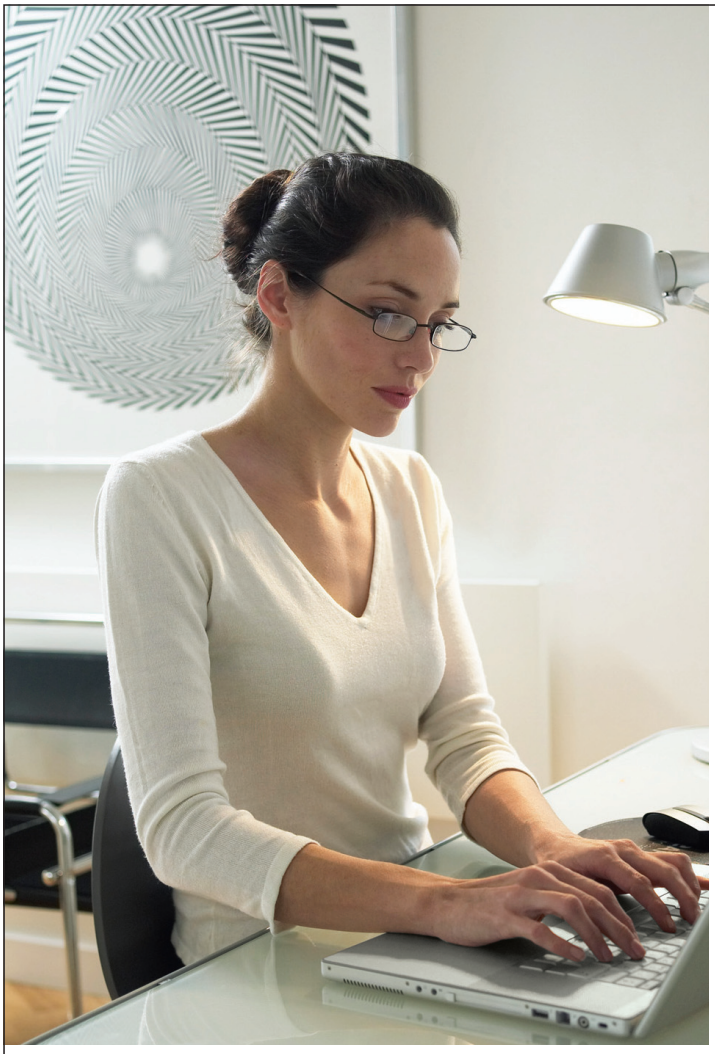

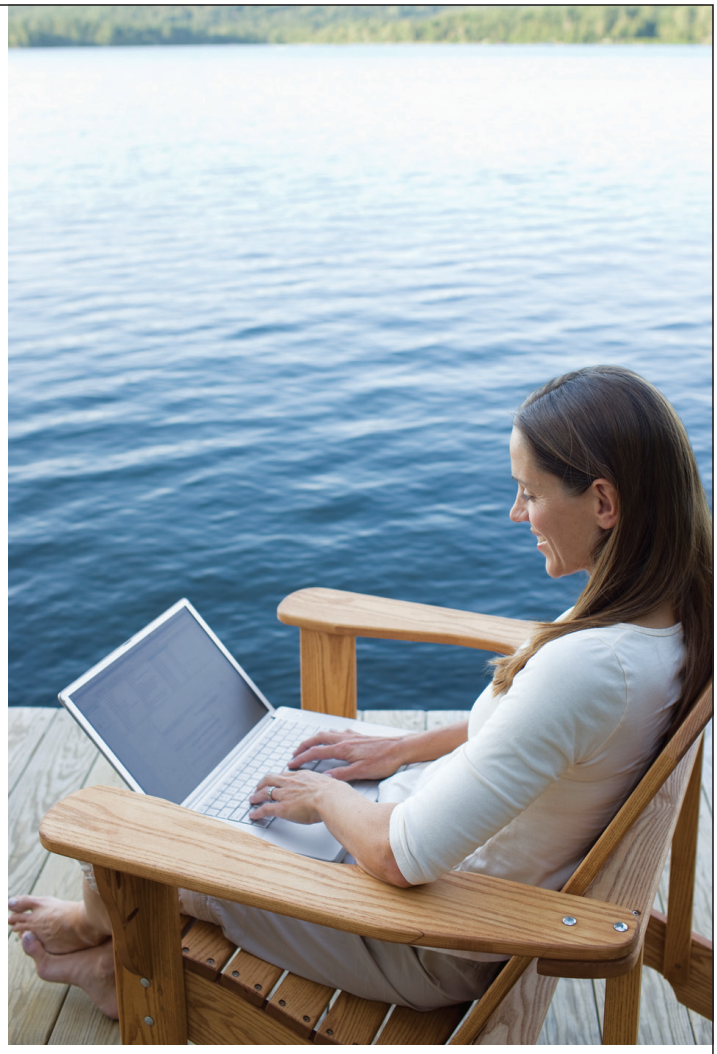

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